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Bilo-deux!

Alex Bilodeau celebrates with brother Frederic on Monday in Sochi after becoming the first Olympian to defend a gold medal in moguls SEE STORY ON PAGE 22

CAMERON SPENCER/GETTY IMAGES

Date movies other than The Notebook? I, uh.... Hmm

Yes, they do exist. This Valentine's Day, try one of these flicks instead PAGE 16

'Everybody in the world has lied': Rob Ford

Toronto's mayor starts his YouTube show by revealing the obvious: he fibbed PAGE 6

What to watch for in Sochi

Alex Gough has a chance to earn Canada's first-ever medal in luge, while figure skating's individual events kick off with Meagan Duhamel and Eric Radford in the short program

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Heavy agenda.
Liberals get ready for legislature sitting

B.C.'s highly anticipated plans to regulate and tax the liquefied natural gas industry remain a work in progress, but the government is about to offer a peek at its energy blueprint when politicians return to the legislature on Tuesday.

House Leader Mike de Jong said the government wants to introduce the public to its general goals for LNG in the coming weeks, but the actual policy — in the form of legislation and regulations — won't be ready until the fall.

Politicians are back in Victoria for Tuesday's throne speech, which opens the start of a legislative session slated to last at least until the end of May.

Christy Clark's Liberals continue to push their economic development agenda, with a heavy focus on LNG and support for major projects including the proposed Site C dam and a bridge to replace the Massey Tunnel south of Vancouver.

De Jong, who is also finance minister, said the government plans a heavy legislative agenda that includes tabling a balanced budget next week, modernizing the province's liquor laws and revealing some details of its LNG plans.

"One of the issues that I am working on and making a final decision around is the extent to which we lay out as part of the budgetary process the construct of an LNG tax regime," said de Jong.

THE CANADIAN PRESS

Coun. Tim Stevenson waves the Canadian flag at Sochi's Olympic Village. CONTRIBUTED

Coun. says Sochi trip a leap forward

'I am very pleased.'
Coun. Stevenson represented Vancouver as deputy mayor at the Games

MATT KIELTYKA
matt.kieltyka@metronews.ca

Tim Stevenson may have been snubbed by the mayor of Sochi, but the openly gay councillor had bigger fish to fry at the Olympic host city.

Stevenson — who returned to Vancouver with former VANOC executive Maureen Douglas on Sunday — is hailing his Russian mission in support of gay rights as "an amazing breakthrough" after getting the ear of top International Olympic Committee brass during a transformative trip.

"Most people didn't think we'd be successful, but we got a meeting with the two top bureaucrats in the IOC," said Stevenson. "Not just a meeting, but an hour and a half of discussions. They met with us, not with others, and completely agreed with what we were advocating. Sexual orientation is on the table."

Following his position meeting with Jochem Farber, head of the president's executive office, and IOC director of communications Mark Adams before the Winter Games began, Stevenson could sense the momentum snowballing.

London Mayor Boris Johnson threw his support behind Stevenson's campaign in Sochi, United Nationals secretary general Ban Ki-moon travelled to the site of the Games and condemned Russia's persecution of gay people, and then IOC president Thomas Bach's speech at the Opening Ceremonies called for a Games free of discrimination.

"I'm very pleased," said Stevenson, who represented Vancouver as deputy mayor during the visit. "The GLBT community across the world has been instrumental about forcing the IOC to look at this and do a comprehensive review. I want to give the community a huge slap across the back, we've done well."

While Russia's highly publicized legislation against "gay propaganda" was met with anger and fear for people's safety, all the attention around gay rights in the lead-up to the Olympics has actually advanced the debate "substantially" on the world stage, Stevenson said.

Just about everything that could have gone right for Stevenson in Sochi did.

The only regrets he had was not meeting Sochi Mayor Anatoly Pakhomov (who not-so-coincidently only made himself available at the same time Stevenson's flight was scheduled to depart Russia) or representatives from the Russian Orthodox Church (which flat-out refused to meet).

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Men arrested. Stabbing marks Vancouver's first murder of 2014

A 28-year-old man fatally stabbed in a fight Sunday night was Vancouver's first murder victim of 2014.

Police found the man unconscious and suffering from a life-threatening stab wound after witnesses reported a fight at Granville and West Georgia streets shortly after 11 p.m., according to a statement from Vancouver police Sgt. Randy Fincham.

The man was rushed to hospital and underwent surgery, but died from his injuries around 2 a.m.

Meanwhile, police acted on tips from witnesses to track down two suspects.

Two men have been arrested for suspected involvement in the incident. They remain in custody.

EMILY JACKSON/METRO

Burnaby. Death being investigated as homicide

The mysterious death of a 21-year-old man in Burnaby is being treated as a homicide.

Marvin Benitez, a Burnaby resident, was found on a well-travelled pathway near Lougheed SkyTrain station Thursday evening having suffered from what appeared to be a cardiac arrest.

The young man was rushed to hospital but was pronounced dead shortly after his arrival.

Burnaby RCMP closed off the scene, and requested support from the Integrated Homicide Investigation Team.

The specialized regional team have since taken over the investigation, but have released very few details to the public.

All IHIT will say is that Benitez's death is not considered to be a random incident, and also doesn't appear to have any gang-related links.

The cause of death, injuries, motive and any suspect information is not being released.

"IHIT continues to work with investigators from the Burnaby RCMP to piece together the story of what occurred on Thursday evening," said Sgt. Adam MacIntosh in a statement on Sunday.

Anyone with information is asked to contact police.

MATT KIELTYKA/METRO

Border crossing

U.S. man charged for smuggling firearms

An American man accused of attempting to smuggle five firearms across the border into B.C. is facing charges.

The Canada Border Services Agency says a traveller declared a rifle at the crossing in Abbotsford, B.C., as he and a passenger were en route to Alaska.

He was referred for a secondary examination when officers found five undeclared firearms in his cargo trailer. Two revolvers, two rifles and a 12-gauge shotgun were seized.

Steve Williams has been charged with one count of smuggling and one count of possessing restricted firearms without a licence.

He is scheduled to appear in court in Surrey on March 6. THE CANADIAN PRESS

Richmond

Body found near hotel row

Mounties are investigating after a body was found near Richmond's hotel row on Saturday night.

Restaurant staff discovered the body in the 10,000 block of St. Edwards Drive around 9 p.m., according to police. The strip is home to a steak house, a bar and a couple of breakfast joints.

Richmond RCMP's serious crimes unit was called to the scene. Police say the body appears to be that of a man of Asian descent in his late twenties or early thirties.

Additional information won't be released until the autopsy is complete, but police are asking the public to help identify the man. Anyone with information is asked to call RCMP at 604-278-1212 or Crime Stoppers at 1-800-222-8477.

EMILY JACKSON/METRO

Mayor Gregor Robertson METRO FILE

Who will go up against Robertson?

November. Incumbent mayor considered a formidable opponent

EMILY JACKSON
emily.jackson@metronews.ca

Competition for the mayor's office is still pretty slim as Vancouver Mayor Gregor Robertson goes for the three-peat in November's civic election.

With nine months to go, none of the major opposition parties to the dominant Vision Vancouver has yet announced — or found — mayoral candidates.

Compare that to Toronto, where 23 candidates have already thrown their name into the mayoral race against Rob Ford, according to a real-time list of who's running on the city's website. (No, Vancouver's website doesn't have one of those.)

Five candidates even took part in the first debate of the campaign at a Toronto university last week.

For one new political group, the decision not to run a mayoral candidate is simple. "We feel there is no viable challenger to Gregor," said RJ Aquino, a former COPE candidate who is launching a yet-to-be-named organization that plans to run a slate of candidates this fall.

Last election

In 2011, Robertson beat NPA candidate Suzanne Anton by more than 18,000 votes.

But although the mayor has too much star power at the moment, Aquino believes there is room to steal votes from those disenchanted with Vision.

"It's too corporate, too development friendly. It seems they're not listening to communities and neighbourhoods," he said, echoing criticism that's cropped up about densification plans and bike lanes.

His new group, which broke away from COPE due to its deepening internal crisis, plans to be a "hopeful alternative" to Vision that attracts underrepresented communities such as immigrants.

The NPA, COPE and TEAM plan to wait until late spring or early summer to nominate contenders. The Green Party is unlikely to run a mayoral candidate.

Smaller parties including Neighbourhoods for a Sustainable Vancouver and the Cedar Party have, however, announced plans to run candidates for the mayor's office.

In 2011, 12 candidates vied to become Vancouver's mayor in an election where COPE threw its support behind Vision.

City, province apply for intervenor status

The City of Vancouver and the province of British Columbia have joined a long list of applicants seeking intervenor status in the National Energy Board review of Kinder Morgan's Trans Mountain Pipeline expansion project.

"As an intervenor, we will be able to take an active role at the panel's hearings to ensure that we represent the interest of the people of B.C.," said Environmental Minister Mary Polak in a statement Friday.

Polak stressed that, like Enbridge's Northern Gateway project, Kinder Morgan needs to meet its five requirements (completion of environmental review, world-leading marine and land oil-spill response, respecting treaty rights and providing opportunity to First Nations and a fair share of the economic benefits) before receiving support from the province.

The City of Vancouver, however, is offering no such olive branch. It is applying for intervenor status to express the city's "significant concerns" about the project.

"The proposal to massively expand the amount of oil shipped through Burrard Inlet from Kinder Morgan represents all risk and no benefit for Vancouver," said Mayor Gregor Robertson in a statement released Monday.

The National Energy Board is accepting applications to participate in its review of the project until 10:59 p.m. (PST) on Wednesday.

MATT KIELTYKA/METRO

Double helix could lead to double date

Gene-ius of love. Does DNA matchmaking result in chemistry?

TREVOR GREENWAY
Metro in Ottawa

Hey there, nice immune system. Wanna date?

Prospective daters might not be using that pickup line, but an Ottawa matchmaker is.

Misty River Introductions has teamed up with Toronto biotechnology firm Instant Chemistry to start matching couples based on DNA. More specifically, the romance firm is pairing up people who have different immune systems, as Misty River owner Linda Miller says "studies have shown that people are more likely to choose somebody with a more different immune system than their own."

It's basic science, says Miller, who has been matching couples for the past 20 years.

"You are more physically attractive to someone with a different immune system," she said, although she adds, looks are almost everything.

Clients submit a cheek swab to Misty River and the tests go back to Queen's University for analyzing. In the meantime, Miller does her work, matching up couples based on socio-economic backgrounds, religion, interests and age, and when she has a list of potential matches, she will then apply the DNA tests to see which people would be most physically attracted.

"It's evolution," she says, adding that her matchmaking firm currently has 5,000 active Ottawa members. Miller says daters have an average success rate of 75 per cent when they come to see her. It's an alternative to online dating, which she says is "exhausting" daters.

"Everybody has the same commonality: They all want to spend their life with somebody and they all want that special connection," she says.

"The sky is bluer, everything is just better with somebody that you really connect with."

DNA samples from clients of Misty River Introductions are bundled off to a Toronto biotech firm for testing. CONTRIBUTED

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New Zealand

Japanese whaling ship raises ire of Kiwis

New Zealand sharply criticized Japan on Monday for allowing a whaling ship to enter New Zealand's maritime economic zone.

The government said Japan ignored requests that the Shonan Maru 2 steer clear of New Zealand's 200-nautical mile exclusive economic zone as the whaler pursued an anti-whaling vessel operated by protest group Sea Shepherd.

Japan defended the incident, saying any ship is allowed under international rules to enter an exclusive economic zone, and that it was necessary to protect the whalers from the activists' protest. THE ASSOCIATED PRESS

Operation Angry Birds

Cockfighting raids in New York

More than 3,000 birds were rescued in a cockfighting takedown in New York this weekend that resulted in nine arrests, N.Y. authorities said.

In a statement Sunday night, Attorney General Eric Schneiderman said it was the largest cockfighting takedown in New York state and among the largest in U.S. history.

"Operation Angry Birds" simultaneously targeted locations in Queens, Brooklyn and Ulster County with assistance from the American Society for the Prevention of Cruelty to Animals and the Ulster County Sheriff's office, Schneiderman said.

"Cockfighting is a cruel, abusive and barbaric practice that tortures animals, endangers the health and safety of the public and is known to facilitate other crimes," Schneiderman said.

At the cockfights, spectators were charged admission fees and an additional fee for a seat within the secret basement location that housed the all-night fights, authorities said. Spectators placed bets on the fights, with individual wagers reaching $10,000.

In Queens, authorities raided a bimonthly cockfighting event where 70 people were taken into custody, including six arrested on felony prohibition of animal fighting charges. The ASPCA took control of 65 fighting birds, authorities said.

Authorities also raided a 90-acre farm in Plattekill, rescuing as many at 3,000 birds.

THE ASSOCIATED PRESS

Ford 'didn't want to tell the truth' about drug use

Now showing.
'Everybody in the world has lied,' says the mayor sitting beside his brother in an online premiere

After months of insisting he had been truthful in the midst of a drug scandal, Toronto's controversial mayor has admitted he lied to the public because he was embarrassed.

Rob Ford made the admission on his own terms, in a YouTube show called Ford Nation posted online Monday.

"Did I experiment with drugs? Yes I have. Why did I lie? I think everybody in the world has lied, because I was embarrassed," Ford said, while looking directly into the camera.

"I didn't want to tell the truth. That's the only answer I can give. That's as straightforward as I can be."

Ford's revelation came in response to a written question from Sandra from Bangkok, Thailand, who wondered why the mayor lied about his "substance abuse problem" when initially asked.

"I'm not a drug addict, I don't use drugs. Have I in the past? Yes," Ford said.

"When they ask me, it's very, very humiliating in front of the world to say yes ... People either lie to cover up, people lie because they're embarrassed, that's why I lied." Ford had been under intense scrutiny since last May, when two media outlets reported the existence of a video that they said appeared to show the mayor smoking crack cocaine.

The mayor initially denied he used the drug and suggested the video did not exist, but he backtracked in November by admitting he had smoked crack cocaine, probably in one of his "drunken stupors."

THE CANADIAN PRESS

Frame grab from the first Ford Nation YouTube show featuring Rob and Doug Ford. YOUTUBE

Coming soon

Guess what's coming to a screen near you?

The antics of embattled Toronto Mayor Rob Ford could soon be coming to a TV or movie screen. Blue Ice Pictures has acquired the film and television rights to the new book Crazy Town: The Rob Ford Story.

Published by Penguin Canada, it's written by Toronto Star reporter Robyn Doolittle, one of three journalists who viewed a video that appeared to show Ford smoking crack cocaine.

The video was one in a string of scandals involving the mayor.

The screen version of Doolittle's book will be produced by Daniel Iron and Lance Samuels.

"If you tried to make this story up, people would think it was over the top," said Doolittle.

THE CANADIAN PRESS

Terrorism charge

Physician on trial

A man who once auditioned for the Canadian Idol TV show has pleaded not guilty to a terrorism charge. Khurram Syed Sher, 31, a physician from London, Ont., is being tried in Ontario Superior Court. He is charged with conspiracy to facilitate terrorism. THE CANADIAN PRESS

Laureen Harper to be highlighted in 2015

The federal Conservatives have plotted a road map to a 2015 election campaign that counts on a massive donor- and voter-targeting effort, a communications onslaught, and a bid to "leverage" the popularity of Laureen Harper, the prime minister's wife, according to documents obtained by Torstar News Service. The 70-page slide show presentation to the Conservative party's national council last weekend by executive director Dimitri Soudas appears to acknowledge that Prime Minister Stephen Harper has work to do to reach out to Canadians and win their trust. Under "Tactical Plans/ Strategies," it says the party will "Connect (the) PM with people," "Leverage Mrs. Harper" and launch a "With Mrs. Harper" video series among others to put a more human face on the government and grab eyeballs in the digital age. The document was sent anonymously to Torstar News Service after the weekend meeting. TORSTAR NEWS SERVICE

PC campaign plans leaked

The PowerPoint presentation is a blueprint of timelines and actions to be taken.

- It defines what success looks like: "Ensure we don't wake up on October 20, 2015, with Justin Trudeau as Prime Minister."
- It makes no mention whatsoever of NDP Leader Tom Mulcair.

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Teen Athlete's Sight Restored

Former Team Canada gymnast receives cornea transplant and resumes active life

At 13, Alysa Samaratunga's life was full of promise. A talented gymnast from Vancouver, B.C., she spent 40 hours per week in training and travelled the world winning medals for Team Canada. Her goal was to participate in the 2012 London Olympics. But all that changed in – what one could say was – a blink of an eye.

"I woke up one morning with an eye infection," remembers Alysa. "I'm not sure what set it off, maybe bacteria behind my contacts, maybe from a hot tub."

It started as itching and soreness and soon become debilitating. As the infection grew, Alysa's pain became almost unbearable and her right eye went cloudy white. Alysa's mom, Kate Samaratunga, could see that the infection was spreading and that her daughter was suffering. With continued insistence, Kate had Alysa seen by an ophthalmologist. The infection cleared by putting drops into the eye every 15 minutes for three days. But by this point, Alysa had lost vision in the eye. For four months following the infection, which was diagnosed as Pseudomonas aeruginosa, Alysa was out of commission. With no depth perception, her Olympic dreams died.

Alysa adjusted to life with sight in only one eye, but as a former athlete and as a teenager, there were many normal, everyday things she could not do. "I would try to pour a glass of milk and I would miss the glass," Alysa recalls. And she knew she couldn't get her driver's license. Her only hope to resume a normal life was a cornea transplant.

"At any given time, more than 2,000 people may be waiting for transplants across Canada and wait times can vary from four or five months to three years," says Dr. Guillermo Rocha, a Manitoba cornea transplant surgeon and a member of the Canadian Ophthalmological Society.

Alysa Samaratunga, from Vancouver, B.C., is thankful for the cornea donation that restored sight in her right eye.

Although Dr. Rocha observes that cornea waitlists have improved slightly over the past few years, he asserts that Canada still needs a national strategy on organ and tissue donation and transplantation. Wait times vary widely across the country and cornea transplant surgeons typically manage their own wait lists. It's not that corneal tissue is particularly hard to come by; in fact, it's quite the opposite. "Of all the types of transplantations, I would say cornea transplant is the easiest," Rocha says. "You basically want a cornea that is healthy." Individuals who are near- or farsighted, for example, are still good candidates as cornea donors.

"The sad thing is that we know if we were elsewhere, like in the United States or even India or Colombia, they would be getting corneal tissue within two weeks," says Rocha. Waiting lists are almost nonexistent in other countries, including the U.S. and the U.K. "You can schedule a surgery there and you know a cornea will be available."

Alysa had her transplant at Mount St. Joseph's Hospital, Vancouver within 18 months of the initial infection and it changed her life. She is now in her last year of high school and is looking at a career in business. She's obtained her driver's license and re-entered the sports arena through competitive cheerleading.

"I am so thankful for the opportunity at having full sight again," says Alysa. "It's allowed me to live my life to the fullest without the limitations. I'm so grateful to the donor and I want the family to know I will make the most out of my second chance at full sight. My condolence goes out to the family who lost their loved one and I thank you for giving me the gift of sight again."
Public opinion polls conducted by Canadian Blood Services have shown that 95 per cent of Canadians support the idea of organ and tissue donation. But only 51 per cent say they are willing to donate their organs and only 39 per cent say they are willing to donate their tissues.

There are not enough eye donors in Canada to meet the needs of Canadians, and new patients are being diagnosed and added to the waiting lists. Thousands continue to suffer from corneal blindness while they wait for a donor. Corneal blindness can be the result of injury, infection or disease. Eye donation is an opportunity to restore the sight of Canadians suffering from corneal blindness, and allow them to live a fuller life. Most people can become an eye donor. People who wear glasses can donate in most instances and individuals with cancer or diabetes may become eye donors.

"Families find comfort in knowing their loved one's last act was to give the gift of sight and life through eye and organ donation," says Dr. Martin McCarthy, Alysa's surgeon. "Please talk to your family about your wish to be an eye donor."

One donor can restore sight for two people and potentially help many more people in the transplantation of other organs and tissues. Sign up today. The ways to register or declare your intentions to donate vary from province to province. Go to **organsandtissues.ca/donate** and click on your province to find out how to become a donor.

Insight

The facts about cornea tissue, transplants and wait times

Blindness and vision degeneration due to conditions affecting the cornea are treatable. With cornea transplants, vision can be restored. But as shown by statistics (see below), the wait for transplants in Canada can be long and the effects of vision loss are grave.

An estimated 2,000 Canadians are waiting for a cornea transplant. Transplant wait times in Canada can vary from four or five months up to three years.

There are eight eye banks in Canada, excluding the province of Quebec.

Financial and societal costs of vision loss are significant.* People with vision loss typically experience the following:

- twice the risk of a fall or premature death
- low income — the employment rate of working-age adults with significant vision loss is only 32%, and 50% of adults with vision loss live in poverty
- more medication errors
- two to five times as much difficulty with daily living
- three times as much clinical depression
- twice as much social dependence

* "The Cost of Vision Loss in Canada," CNIB and the Canadian Ophthalmological Society, 2009

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Russian icon a hero to one Canadian

Vladislav Tretiak, centre, visits Michael Hunter, left, and his mother, Julie Hunter, at a Moscow hospital in 1987. The Russian hockey hero helped boost the Canadian's spirits after Hunter fell seriously ill during a school field trip to the former Soviet Union. COURTESY MICHAEL HUNTER

Vladislav Tretiak. In 1987, Michael Hunter ended up in a hospital during a school trip to Russia — and then got an unexpected visitor

FERNANDO CARNEIRO
Metro in Toronto

When Vladislav Tretiak lit the Olympic Cauldron at Friday's Opening Ceremony in Sochi, one Toronto-area man beamed as bright as the flame.

Michael Hunter, a 41-year-old insurance agent living in Bolton, was visited by the Russian hockey great while in a Moscow hospital 27 years ago.

In 1987, Hunter took part in a school field trip to the Soviet Union. His Crohn's disease — a serious bowel condition — flared up during the flight.

While the roughly 60 other children from Notre Dame Secondary in Brampton, Ont., and one other school spent 10 days touring Moscow and St. Petersburg, Hunter spent two weeks in the hospital.

"Did I see much of Russia? No, I saw the intersection across from the hospital," Hunter said. "I was numb after the surgery and didn't have a lot of life in me. I didn't know what was happening because no one spoke English."

Fortunately, Hunter's mother, Julie Hunter, was a chaperone on the trip. She was invited for dinner by the Canadian ambassador in Moscow, and when it was mentioned that Hunter was a former hockey goalie, the ambassador said that Tretiak was in town, and offered to invite him to visit the hospital.

"When word got out that Tretiak was coming in, I had reason to get up and something to get excited about," Hunter said. "And it wasn't just me: The entire wing of the hospital was excited. They started asking why this national hero was coming in to see this sick Canadian guy."

Tretiak arrived with a bouquet of flowers for Hunter's mother and goaltending manuals that he had written for Hunter — all in Russian, of course.

"He stayed for half an hour or so, and we took some pictures. I was very impressed with him. He's a very big guy and friendly," Hunter said. "I was so thankful that he went out of his way to come see me. I think that he speeded up my recovery time."

Hunter said Tretiak was a good choice to be one of the two people chosen to light the Flame.

"He's a national icon," he said. "You could tell from the reaction of the nurses."

Star goalie

- Vladislav Tretiak is considered to be one of the greatest goaltenders in the history of hockey.
- He became internationally famous after his performance in the Summit Series against Canada in 1972.
- While he attracted the attention of many NHL teams, it was Montreal that ultimately drafted him in 1983. The Soviet government blocked that move.

Vladislav Tretiak approaches the Olympic cauldron during Friday's opening ceremony in Sochi. MATT SLOCUM/THE ASSOCIATED PRESS

Canadian in Twitter spotlight thanks to #problems in #Sochi

Athletes trapped in bathrooms. Hotels still under construction. Clowns wandering the streets.

Alexander Broad is doing his best to document everything wrong and weird at the Winter Games with Twitter's latest satire-of-the-moment account, @SochiProblems.

The Internet sensation, which began Tuesday, had already amassed over 331,000 followers by Sunday. Broad was hoping for at most 30.

"Never in a million years. I made it as a joke. The entire idea of this came as a joke, something to laugh at," said the Pickering, Ont., native of the unexpected spotlight.

The word giant doesn't do Broad's popularity justice — @SochiProblems has more followers than the official Sochi Games or Canadian Olympic team's accounts, and has caught the attention of U.S. media such as the Washington Post, USA Today and ABC.

That's got Broad under pressure to watch the Olympics all the time for material.

"I think the biggest thing, I feel like it's just like I've got to stay alert to everything a lot more," he says, adding he draws the line at staying up through the night.

THE CANADIAN PRESS

What's your problem?

"From there on it just kind of grew. It's sprouted into this giant thing."
Alexander Broad, creator of @SochiProblems

Punk-rock parliament?

Pussy Riot members say they may give politics 'a try'

Two members of Russian punk band Pussy Riot say they may run for seats in this year's election for the Moscow city parliament.

Nadya Tolokonnikova, appearing alongside fellow band member Maria Alyokhina at the Berlin film festival Monday, said politics "is worth a try."

The election will most likely be held in September, although no exact date has been set.

Tolokonnikova and Alyokhina were released in December after nearly two years in jail. They were convicted of hooliganism after staging a protest in a Russian church.

They say third Pussy Riot member Yekaterina Samutsevich won't be involved in the work of their human rights organization Zone of Law, which will campaign on behalf of prisoners.

THE ASSOCIATED PRESS

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Not a g'day for Aussies: It's the end of car-making Down Under

Vehicles speed past a Toyota dealership in Sydney, Australia, on Monday. Toyota announced it will stop making cars in Australia by the end of 2017, spelling the end to auto manufacturing in the country, where car companies say high production costs and tough competition have made the business unviable. RICK RYCROFT/THE ASSOCIATED PRESS

The giving network

You know what's cool? Giving away $970M in shares

Mark Zuckerberg and his wife, Priscilla Chan, were the most generous American philanthropists in 2013, with a donation of 18 million shares of Facebook stock, valued at more than $970 million US, to a Silicon Valley non-profit in December.

The Chronicle of Philanthropy reported Monday that Zuckerberg's donation was the largest charitable gift on the public record in 2013 and put the young couple at the top of the magazine's annual list of 50 most generous Americans in 2013. The top 50 contributors made donations last year totalling $7.7 billion US. THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.46¢ (-0.13¢)

TSX
13,794.18 (+7.68)

OIL
$100.06 US (+$0.18)

GOLD
$1,274.70 US (+$11.80)

Natural gas: $4.59 US (-$0.07)
Dow Jones: 15,801.79 (+ 7.71)

Did Flappy Bird fly too close to the sun?

Flap over app. Like Icarus, the game had a fast rise and fall to earth

ELISABETH BRAW
Metro World News in London

Apparently we're all Flappy Bird addicts: when Dong Nguyen, the Vietnamese creator of the popular mobile game, announced that he's removing it from online stores, it became big news. What makes the simple app so popular when other, flashier games are not? Metro spoke with Vili Lehdonvirta, a research fellow at Oxford University's Oxford Internet Institute.

What's the secret behind Flappy Bird's success?

If you look at what's inside the game, the retro visual style borrows from classic games like Super Mario, which invokes nostalgia in the user. The other important aspect is the fact that it requires skill. Most games no longer ask for such know-how. They're easy to learn, so to get good you just have to play them often enough. Flappy Bird, by contrast, is unforgiving, so success feels meaningful.

But Flappy Bird got a lot of criticism.

Yes, a lot of praise and a lot of criticism. It created controversy (*questions have been raised whether bots were used to boost its app chart popularity – ed.*), which helped it become a phenomenon. It was like, if you're not playing Flappy Bird, you're missing out. But its success is also down to chance. Even if you followed all these steps, it's not certain that your game would be successful.

What does the success of Flappy Bird, a game created by one man in Vietnam, mean for Silicon Valley?

Indie games like Flappy Bird are becoming bigger because they have access to users through channels like the Apple Store. They go against the current design paradigm, and they rely on makers' artistic sense rather than market research when they create their product. I wouldn't be surprised if game companies start incorporating Flappy Bird aspects into their design paradigm.

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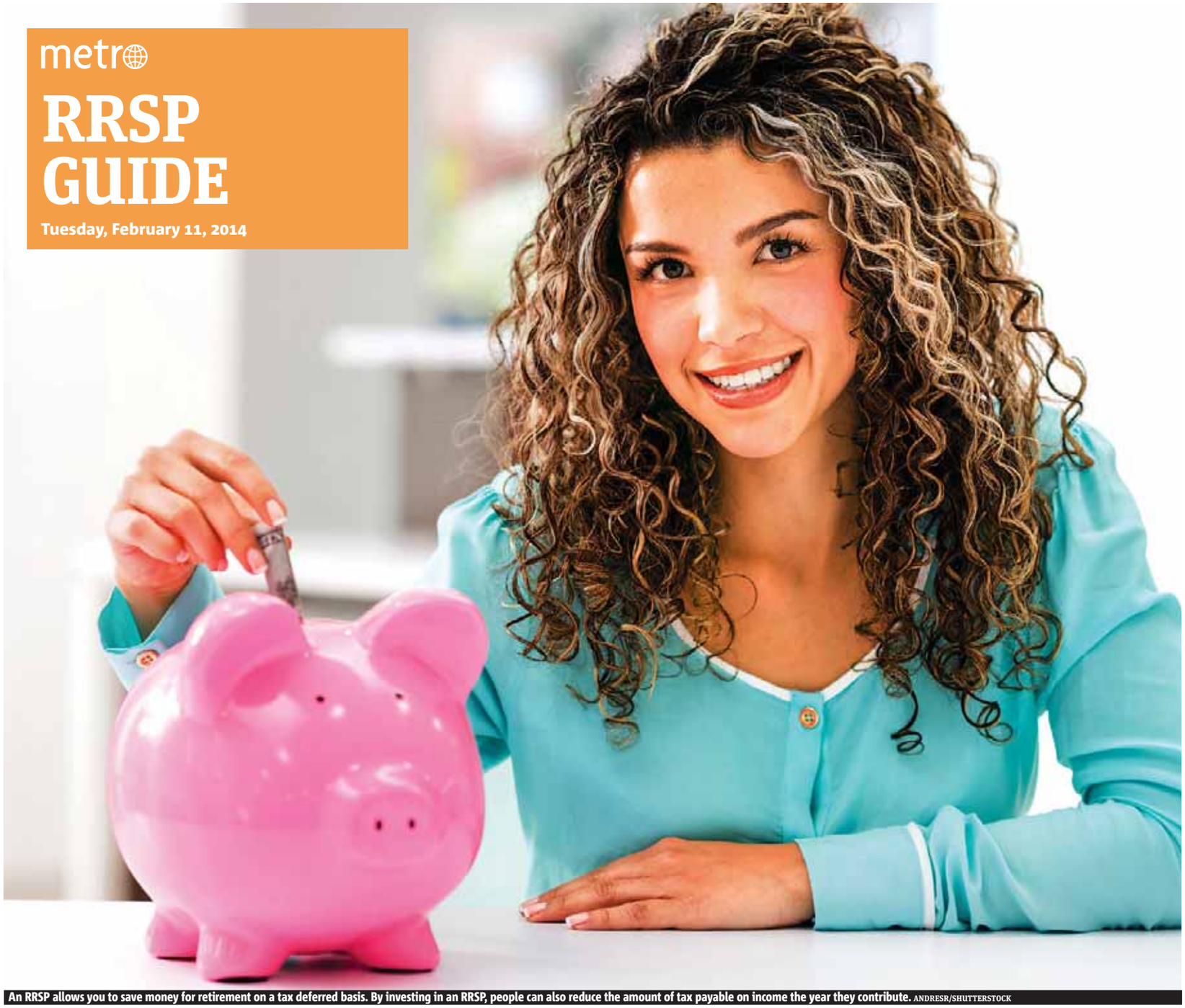
metro

RRSP GUIDE

Tuesday, February 11, 2014



An RRSP allows you to save money for retirement on a tax deferred basis. By investing in an RRSP, people can also reduce the amount of tax payable on income the year they contribute. ANDRESR/SHUTTERSTOCK

How to navigate your savings vehicle

YLVA VAN BUUREN
For Metro

When you get to the real intent of a registered retirement savings plan (RRSP), it really has application for everyone, says Anthony Williams, vice-president of academic affairs with The Canadian Institute of Financial Planning.

The RRSP is a savings vehicle, first and foremost. It allows you to save money for retirement on a tax deferred basis. By investing in an RRSP, people can also reduce the amount of tax payable on income the year they contribute.

Here's what tax planners recommend for specific groups in the population.

Younger Canadians

Students today should be saving for retirement, says Dean Owen, a Saskatoon financial adviser with Advocis, The Financial Advisors Association of Canada.

There are fewer and fewer generous pension plans and it's critical to look at RRSPs.

"Especially with the 40-and-under age group, they're not sticking to a job long enough to have a company pension plan anyway."

Can investing in an RRSP reduce your taxable income?

- Tax rates are based on percentage of income. For example, in federal taxes, Canadians pay 15 per cent on $44,000, 22 per cent on $44,000 to $88,000, 26 per cent on $88,000 to $136,000, and 29 per cent on more than that. Provincial tax is added on top of that. Someone making $45,000 will pay 22 per cent federal tax while someone making $41,000 will pay 15 per cent.

Self-employed

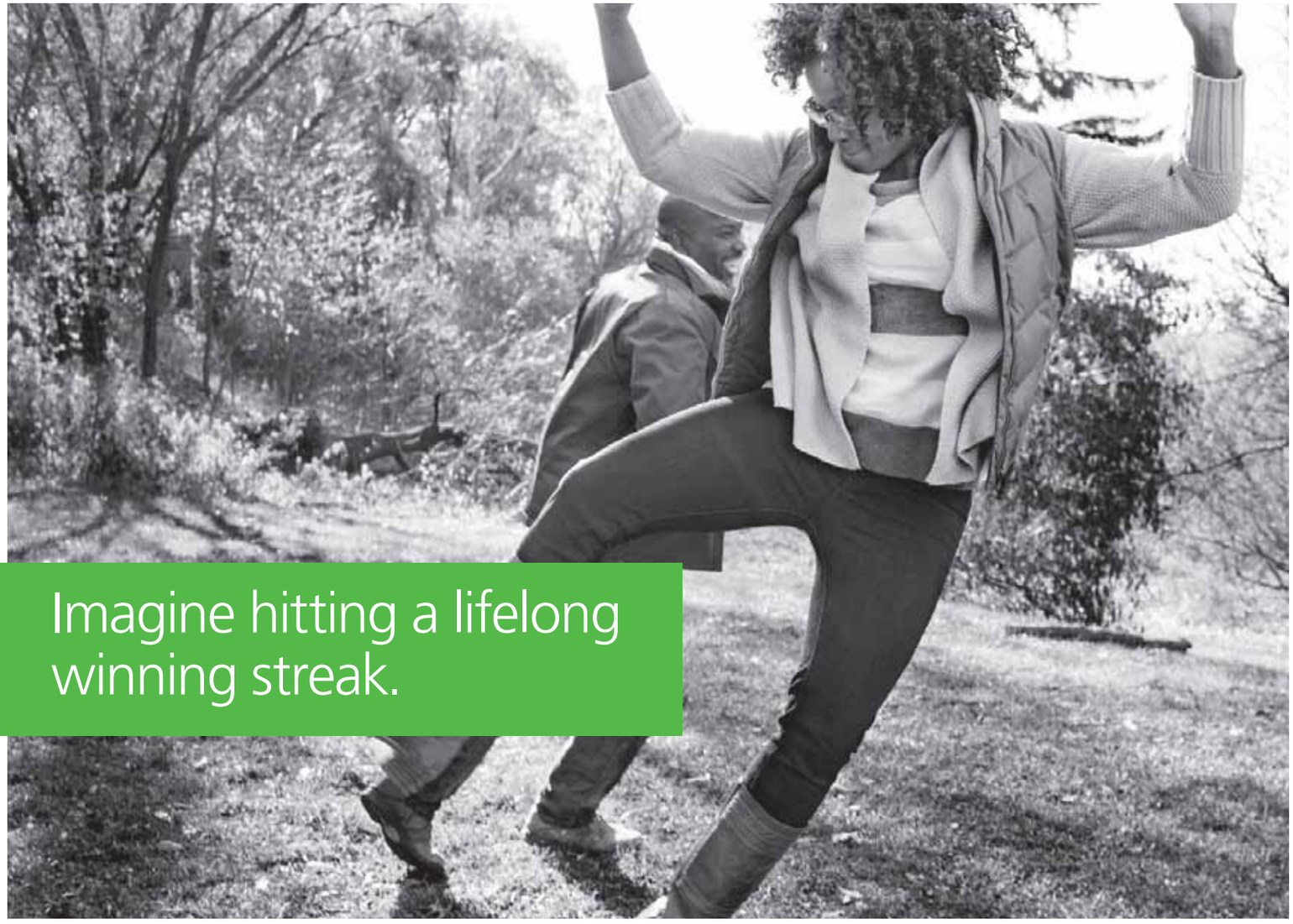
If a self-employed person is making more than $40,000, Owen said, they should be looking at RRSPs so they pay less tax as they build their retirement nest egg. If they make less than $40,000, a deduction is not going to help significantly.

Pension plan holders

There are investment options with a personal RRSP that you wouldn't have with a company pension plan. Also, a personal RRSP provides more flexibility — if there is an emergency, funds are available.

Special cases

Sometimes RRSP money can be used long before retirement. If someone is going to be off work for a year (doing a master's degree, for example), pulling money out will trigger a tax liability, but tax will be minimized because they are in a low income bracket (they aren't working).



Imagine hitting a lifelong winning streak.

Don't forget, the RSP contribution deadline is March 3.

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Plan to use your unused contributions

TALBOT BOGGS
Smart Investing

Do an analysis of your retirement — what do you want to do in your retirement and how much will you need to maintain that lifestyle? ANDREY_POPOV/SHUTTERSTOCK

The government set up registered retirement savings plans in 1957 as a vehicle for Canadians to save for their retirement. But more than five decades later, data shows they have not used it to their fullest and Canadians are now sitting on some $600 billion in unused contributions.

"A lot of people just don't have the income to be able contribute to the maximum," said Johnathan Rivard, an investment adviser with Edward Jones. "They have a lot of other priorities like a mortgage, children's education, cars, entertainment and travel. With everything else they have to do it's just not that high a priority."

How can Canadians catch up on their RRSP under-contributions and help ensure they have enough money tucked away for retirement.

"Budgeting is key," Rivard said. "Do an analysis of your retirement — what do you want to do in your retirement, how much you will need to maintain that lifestyle and then how are you going to fund it. It's important to understand why you are contributing."

One financial question that seems to come up continually in financial planning is whether it is better to pay down your mortgage or contribute to your RRSP.

Unfortunately, there's no easy answer. A lot will depend on individual circumstances such as lifestyle, debt level and interest rates, but there are some things to consider.

"A lot of people believe real estate is one of the best long-term investments you can make," Rivard said. "There are a lot of costs associated with real estate like taxes and repairs and maintenance that can really add up over time. Investments, however, tend to be more passive when it comes to costs although fees sometimes can be a discouragement as well.

"So it's really important to get some professional financial advice for the best solution for you based on your personal situation."

RRSP contributions also tend to be impacted by the economy and performance of financial markets.

"When the markets do well we tend to see better RRSP seasons," Rivard said. "A lot is driven by emotion. When people feel good they are more inclined to invest, but during the recession of 2008-09 investment was down. It's pretty cyclical."

Another major RRSP decision is whether it makes sense to borrow money to invest and use up some of that contribution room.

The Investor Education Fund (IEF) recommends investors ask themselves three main questions — are interest rates low? Can you pay off the loan quickly? And do you have other high-interest debt?

Borrowing money when rates are high can be costly and offset the benefit of getting a tax refund from your contribution. Also, interest on borrowed money to contribute to an RRSP is not tax deductible.

Can you repay the loan quickly? You can use your tax refund to apply to the loan, but, generally, if you can't pay it off within a year it may not make sense to add to your debt load. If you can't pay off the loan as scheduled you may end up paying more in interest than what you get back in a tax refund.

If you are already paying off high-interest debt such as credit cards, your priority should likely be on paying down this debt as quickly as possible, not adding more.

The IEF suggests you may want to consider a couple of other strategies instead of borrowing to contribute to your RRSP.

Contribute what you would have paid to service the loan. If you were going to borrow and make a $350 monthly loan payment contribute that amount to your RRSP. This way you will pay no interest and you won't be affected if interest rates rise.

Take out a series of smaller loans instead of one big one. If you have a lot of RRSP contribution room and are not comfortable taking on a lot of debt, take a series of smaller, one-year loans. You pay less interest, take on less debt and use your RRSP refund to pay off your catch-up loan.

"What's most important is to create a budget, understand when you want to retire and the type of lifestyle you want in retirement, and then get active in planning your financial future, because if you don't the chances are you won't take action and contribute," Rivard said.

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

Income. Protect your savings from life's surprises

If you are like most Canadians, your registered retirement savings plan (RRSP) will be your main source of retirement income.

But what would happen if you had to stop contributing to your RRSP or dip into those investments to pay for an injury or illness that prevented you from earning an income?

"Life is what happens when you're busy making other plans, but if you don't protect your income you could be risking your financial well-being," said Heather Clarke, certified financial planner at Investors Group.

"Having the right insurance in place can help you make sure your retirement savings stay on track."

Here are three reasons to consider disability, critical illness or long-term care insurance.

• It could happen. According to actuarial statistics, the average Canadian has a one-in-three chance of becoming disabled for 90 days or longer, at least once before the age of 65. The average length of a disability longer than 90 days is almost three years.

• Stopping your RRSP contributions can hurt your retirement savings. For example, at 25 you start making RRSP contributions of $300 per month, but become permanently disabled at age 35 and are unable to contribute to your RRSP. By 65, your nest egg will be worth $400,000 less than it would have been if you had continued to make contributions until retirement (assuming an eight per cent compound annual rate of return).

• You may have less income, but greater expenses. If you become disabled, depending on the nature of your disability you may have ongoing medical expenses that increase your overall cost of living. NEWS CANADA

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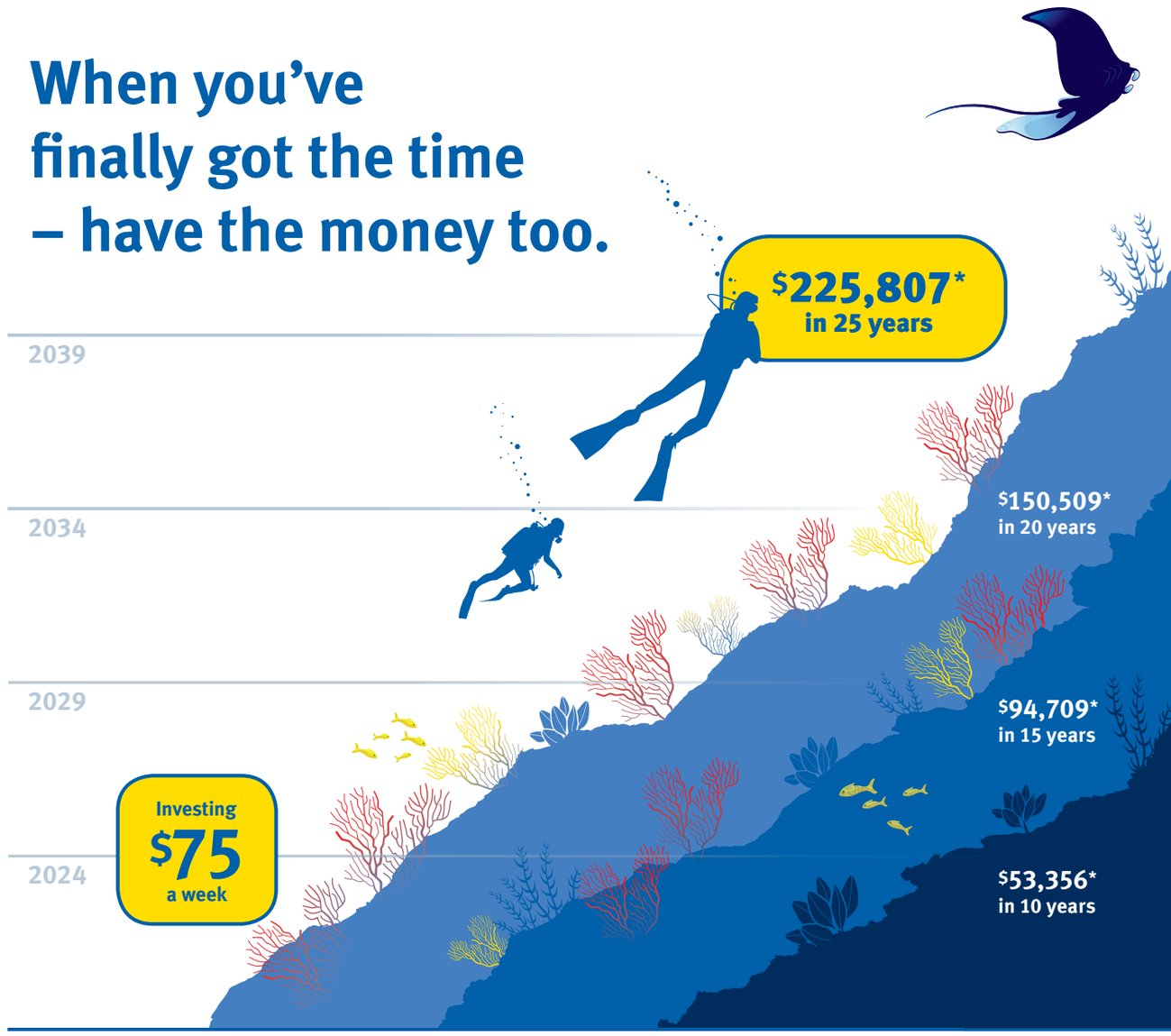

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TFSAs provide versatility

Financial planning. Accounts can be used for any purpose for tax-free growth

YLVA VAN BUUREN
For Metro

Since it was introduced in 2009, the tax-free savings account (TFSA) has changed the complexion of financial planning, says Anthony Williams, vice-president of academic affairs with The Canadian Institute of Financial Planning.

"You can use it for any purpose ... short term, long term, rainy day fund, a special purchase, a 25th anniversary, and for retirement — with tax-free growth. And the money can be pulled out at any time at no taxable cost."

Here are some ways to use a TFSA.

• Pension plan plus: Anyone with a good pension can use a TFSA. "You don't get a tax deduction (like you do with an RRSP contribution) but where an RRSP will hurt is when you start to take it out," said Dean Owen, a Saskatoon financial adviser with Advocis, The Financial Advisors Association of Canada. "RRSP money may push you into a higher tax bracket." TFSA funds are not taxable.

• Windfall: If you receive a windfall of some kind and tax payable is zero, putting it into an RRSP is not going to provide a significant income tax break and you will pay tax later. If you don't have a TFSA, open one. You can carry forward unused contributions this year, $31,000 total since 2009.

• Retirement savings: When a marginal tax rate is not high ($40,000 or less), the deduction from an RRSP contribution will not affect tax rate significantly. But a TFSA allows for tax-free growth.

• Emergencies: Using a TFSA as an emergency fund is absolutely a good idea, Owen said. The money is accessible and can still make money with no penalty or tax if you decide to withdraw it.

• Investments: The TFSA is functional for conservative and speculative investments. "If you earn $100 in interest, you would normally have to pay tax on that," Williams said.

"But in a TFSA, there are no tax implications. If you get lucky and your investment goes from $5,000 to $25,000, you still don't pay tax on the growth. Pull the money out of TFSA and contribution space would be restored in the next year."

Contribution amount

- You can contribute up to $5,500 per year into a TFSA plus any unused contribution room from previous years.

If you receive a windfall of some kind you might want to consider placing that money into a tax-free savings account. SYDA PRODUCTIONS/SHUTTERSTOCK

A little now can go a long way later

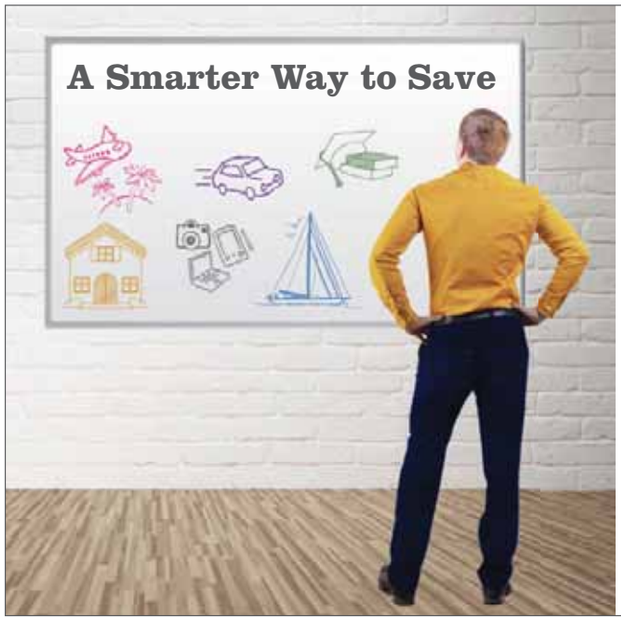
For the young investor looking to make their first RRSP contribution this year, Dennis Tew, chief financial officer at Franklin Templeton Investments Corp., offers these tips to help make the decision a smart one.

1 Understand risk tolerance. To put it simply, do you prefer growing your RRSP savings steadily over time (lower to medium risk) or are you OK with the possibility of more investment volatility in the pursuit of larger gains (higher risk)?

2 Diversify across asset classes. Make sure you understand the basics about the main asset classes in which you can invest — bonds don't necessarily mean safe and equities don't necessarily mean risky. Why not diversify your investments?

3 Speak with an adviser. Investment advisers have their fingers on the pulse of markets and can help you map out a plan for achieving your retirement goals. They can provide insights that are in line with your personal risk tolerance and investment goals.

NEWS CANADA



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LOVELY TIME TO NOT DO THIS

SHE SAYS

Jessica Napier
metronews.ca

I've always thought of Valentine's Day as a mid-range event on my holiday ranking scale. I'd probably place it somewhere above the binge-drinking mess of St. Patrick's Day but not nearly as exciting as Canada Day. I know the whole thing has very little to do with true love and a lot to do with selling expensive gifts but I'm a sucker for candy conversation hearts and cheesy greeting cards nonetheless.

February 14 doesn't have to be the most romantic day of the year, but if you find yourself coupled up this Friday and you'd like to stay that way then you should probably try to put in a little effort. There's still plenty of time to plan something special for your significant other, so here are some guidelines on what not to do this Valentine's Day.

Do nothing. Disappointment abounds during this time of year, especially when people aren't up front about their expectations. You don't have to deliver a dozen overpriced roses or orchestrate a private dinner for two in a candlelit restaurant, but the least you can do is pick up a card and scribble down a few heartfelt sentences. When it comes to matters of the heart, no one ever regrets being over prepared.

Break up with your beau. You'd think this was a pretty obvious V-Day "don't," but according to a recent survey by online dating site AYI.com, 22 per cent of individuals polled said that they had been dumped on Feb. 14. It's hard to believe that so many people possess such poor timing but perhaps it's understandable given all the stress that surrounds this particular holiday. Even so, try to have a heart and wait 24 hours before delivering the bad news to your soon-to-be ex.

Protest just for the sake of it. We all know Valentine's Day is special because of the person you spend it with and not because of how much money you spend on them. However, restaurant owners, florists and purveyors of gourmet chocolates count on this annual event to bring in some cash during an otherwise slow winter season. Rather than self-righteously boycotting the Hallmark holiday, why not show your love by supporting small businesses in your area. Find your sweetheart a unique and thoughtful gift from an independent local retailer and it'll be a win for everybody.

Give in to social media envy. Let's face it, this Friday your various social media newsfeeds are going to blow up with heavily filtered images of bountiful floral bouquets and sickeningly sweet proclamations of love. Some digital sentiments might be touching; the majority will be annoying and may leave you feeling jealous and depressed. Do yourself a favour and step away from the keyboard so that you can focus on your own relationship.

Feel obligated to leave the house. Never underestimate the appeal of a low-key night in. With chilly temperatures outside and season two of House of Cards debuting on Netflix this Friday, a cosy date on the couch is a perfectly lovely (not to mention inexpensive) option. It might not look as impressive on Instagram but nothing says long-term relationship success like sweatpants and takeout Chinese food.

ZOOM

A growing visual culture

COURTESY CASEY GUTTERIDGE/THE BIG BANG UK YOUNG SCIENTISTS AND ENGINEERS FAIR

British actor stars in microbial art

A microbiologist has made a 'self-portrait' of Stephen Fry (from The Hobbit) by using the actor's own bacteria.

Zachary Copfer, from Ohio, holds a master's degree in fine art and a bachelor's in biological sciences, and says he sees this as an exciting way of exploiting the art within science to bring to life a sterile and boring field. METRO

Q & A

Newest selfie

ZACHARY COPFER
Microbiologist/ photographer based in Cincinnati, Ohio.

How did you manage to get the bacteria to 'paint' this?
I received a sample of bacteria taken using a swab from Stephen's arm. Then I made a negative from a digital photo of him and placed it on a bacteria-laden petri dish. I exposed the plate to ultraviolet radiation, killing any microbes in certain parts of the dish. This allows others to grow in areas where the negative is. I then placed it in an incubator for two days to let the culture grow. Sometimes it can take four or five tries to get the bacteria to grow where you want it to.

What is the artistic meaning behind your work?
It touches upon the concept of an artwork's ownership, what can be regarded as the ultimate selfie.

Clickbait

IRENE KUAN
Metro Online

Organizing your own work projects is hard enough, but try adding multiple people into an assignment. This can be a big headache if organization is a challenge for you. Here are some online tools to help track project collaborations.

ISTOCK IMAGES

Asana :

Manage your teamwork without email. This free web and mobile application allows you to create projects and put conversations and tasks together. Set due dates, assign your group members tasks and have Asana track and remind them of impending deadlines.

Basecamp:

This web-based project-management tool has been around since 2004 but was revamped in 2012. Basecamp can offer to-do lists, wiki-style web-based documents, file sharing and a messaging system, to name just some of the functions. The 2012 version of the tool allows users to use their preferred language in projects and messaging.

Pivotal Tracker:

This web tool offers a friendly user experience for team projects, offering the ability for candid conversations to optimize communication and teamwork. Are your work partners in a different time zone? Not a problem! Pivitol Tracker will help everybody stay in sync and projects stay on course.

Twitter

@metropicks asked: Drones are used in Sochi to capture ski events. If you had a drone, what would you use it for?

@mensaghic: Scope out traffic before rush hour.

@deb2v: If I had a drone, I will use it to deliver burritos.

@bcladyo: I would use drones for beer delivery! :)

@sykesoh: to pick up rob ford when he is on a famous stupor

@lisambungay: watching my kids when I leave the room.

@newcybersol: I would have a drone follow our beloved premier Alison Redford. Maybe that would keep her spending in check!

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5 Films that aren't The Notebook

It's time you level with your significant other: there's no way you're going to watch The Notebook on Valentine's Day. And not just this year — you're talking about never again. The same goes for Love Actually, The Vow, When Harry Met Sally or any of the other certified V-Day classics. Here are five choices to make February 14 a little less boring and a little more cinematically stimulating.

ADAM NAYMAN
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Don't Look Now

Nic Roeg's peerlessly creepy thriller about a couple menaced in Venice by witchy sisters and a red-cloaked serial killer was controversial in its day for the seemingly unsimulated sex scenes between stars Donald Sutherland and Julie Christie; look past the scandal, though, and you'll see a tender portrait of lovers brought together — and ultimately torn apart — by grief.

Friday Night

Claire Denis is a filmmaker who loves filming bodies in motion, and she's never had lovelier choreography than in this sublime 2002 feature, which describes a brief encounter between two strangers: a woman on the verge of moving in with her boyfriend, and a stranger she meets during an epic Parisian traffic jam. The City of Lights has rarely looked so sumptuous, and the film's tone is so intimate that you may feel like you're intruding.

Mulholland Drive

This is one of the most mysterious movies ever made, but its cryptic plot and bizarre imagery can't obscure the sweetness of the scenes between Naomi Watts and Laura Elena Harring as amateur sleuths who gradually fall in love with one another. Their blonde-brunette/Betty-Veronica dynamic is framed playfully, yet there's also real passion there.

A Perfect Getaway

Don't let the B-movie packaging and cast (Steve Zahn, Milla Jovovich) fool you; this underrated 2009 thriller about two couples honeymooning in Hawaii is romantic at heart. The relationship between redneck tourists Timothy Olyphant and Kiele Sanchez is adorable, even if the movie keeps floating the possibility they're also serial killers.

Sightseers

Vacationing psychopaths are also the subject of this demented British import, in which a sheltered Englishwoman (Alice Lowe) discovers that her new boyfriend (Nick Oram) has some worrisome hobbies. Ben Wheatley's pitch-black comedy is not for the faint of heart, but it's a brilliant deconstruction of romantic comedy tropes.

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DVD review

The Counselor

Director. Ridley Scott

Stars. Michael Fassbender, Cameron Diaz, Brad Pitt

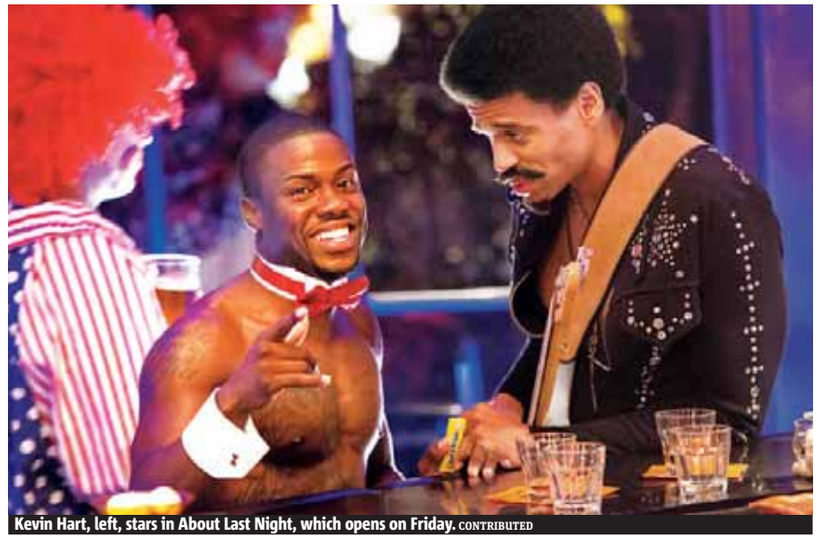
Golden tongues and black hearts enliven this uncommonly erudite thriller built around the pulpiest of stories. Ridley Scott directs and gaudily attired A-listers supply wicked glamour, in a drug-trade scenario that traverses the globe but mainly straddles the Texas-Mexico border. Cormac McCarthy's screenwriting debut presents Michael Fassbender's title lawyer in the classic situation, familiar to students of Greek myth and Shakespearean drama: a moral man tempted by sin and hubris and brought low by fate.

PETER HOWELL

Kevin's got a lot of Hart for his fans

About Last Night. Comedian is set to release his next film in 2014 and he's all about connecting on Twitter

NED EHRBAR
Metro World News in Hollywood



Kevin Hart, left, stars in About Last Night, which opens on Friday. CONTRIBUTED

Kevin Hart is already having a pretty decent 2014, with last month's Ride Along breaking January box office records and bringing in more than $90 million worldwide in its first three weeks of release. And he's hoping that success continues in February with About Last Night. One thing is for sure, he's not letting bad reviews get to him — even when the critics are trying to get his attention.

You're incredibly active on social media.
I'm very serious about it. It's not a game, this is not something I take for granted. I'm very, very, very committed to social media and interacting with my fans the way that I do. It's something that I think people really, really take for granted, and they shouldn't. It's free promotion, but at the same time it keeps you in contact with your fan base.

When did it first occur to you to utilize it so much?
Well, from jump. When I first saw my numbers going to what they grew to, I said I would be a fool to not dive in as much as I could because this is basically promotion that the studio doesn't have. This is you having a direct connect with your fans. When I say to my fans, "First 200 people to meet me at Applebee's, I want to treat you," they're going to come. And those 200 people in there get to meet, connect with me, talk to me. You have to have ways of showing that you are giving back — "Thank you, guys, for what you do, which is support me." I'm not a ghost. I'm not the legend that just walks and you never see, plain and simple.

I saw someone included your Twitter handle in a bad review of Ride Along, which seems like bad form.
A critic's job is to critique. At the end of the day, as an actor, if you allow that stuff to get to you, you're a fool. But you've got to ask yourself how do critics feel when they critique something, they trash it and then it shows up and it's a record-breaking box office hit? Then you just have to go back into your critic hole and critique some more. But I don't knock it, it's what you're paid to do. Your job is to critique and that's your world of expertise. But if [the film is] getting an A cinema score — which means everybody's walking out happy — then that means you have to question yourself, what you like and where your expectations are.

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

'Judge away,' says Stewart as she tries to find herself

Kristen Stewart reveals to Marie Claire magazine that instead of throwing herself into film work following her breakup with Robert Pattinson, she spent most of 2013 taking road trips with friends, working on her poetry and discovering things about herself — like the fact that she doesn't necessarily have a romantic type. "You don't know who you will fall in love with. You just don't. You don't control it," she says.

Another thing she's learned? It's OK to not be good at being a celebrity. "I'm just not very good on TV, and it's not my main goal in life to get good at it," she admits. "People are like, 'She just can't handle' — for lack of a better word — 'the spotlight.' No, actually, I can't, and that is totally who I am." And Stewart has definitely learned how to handle her critics: "I stand by every mistake I've ever made, so judge away," she says.

Sarandon getting close with business partner

Susan Sarandon and her business partner Jonathan Bricklin, 36, have been rumoured to be enjoying a much more intimate partnership for some time, and now it seems Sarandon to be hinting that the rumours are true. "Jonathan and I collaborate on different things. That means a lot of things," she coyly tells AARP The Magazine in its latest issue. When asked by the magazine if those things include romance, Sarandon responds, "Yeah, I think so." Sarandon and Bricklin are co-investors in NYC ping pong bar Spin.

Susan Sarandon

Chris Kattan ALL PHOTOS GETTY IMAGES

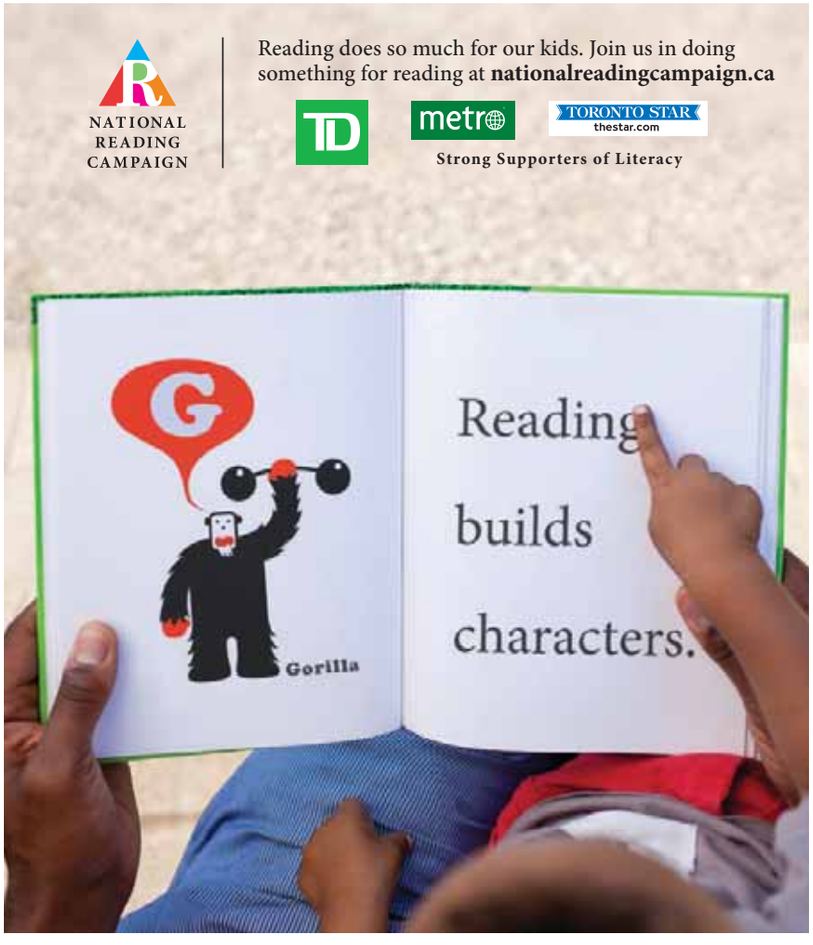
Former SNL star Kattan arrested on suspicion of drunken driving in L.A.

Authorities say former Saturday Night Live star Chris Kattan has been arrested on suspicion of drunken driving after his Mercedes struck a Department of Transportation vehicle on a Southern California freeway.

The California Highway Patrol says the Mercedes was seen weaving in and out of lanes shortly before 2 a.m. Monday on the 101 freeway in Los Angeles. The CHP says Kattan drove into a DOT vehicle that belonged to a crew conducting maintenance on a guardrail. No injuries are reported. The 43-year-old Kattan was jailed on suspicion of DUI.

Kattan, who was on SNL from 1996 to 2003, was best known for the character Mango. He also starred alongside Will Ferrell in the 1998 film A Night at the Roxbury. A call to Kattan's agent wasn't immediately returned.

THE ASSOCIATED PRESS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Transition. Joining a gym for the first time can be intimidating, but it doesn't have to be

IZABELA SZYDLO
life@metronews.ca

Personal trainer Venessa Coda instructs Izabela Szydlo on how to do a wall sit. LIZBEDDALL.COM

I had convinced myself that I hated the gym before I ever set foot in one. The truth is, I was intimidated.

Instead, I started working out at home using dumbbells for resistance, a skipping rope for cardio and gym rat friends for advice. A year and 20 lost pounds later, I was ready to make the transition to a gym. But, despite having more fitness knowledge, I still felt apprehensive.

Venessa Coda, a Toronto-based personal trainer and licensed Zumba instructor with several martial arts under her belt, answered some of my concerns and put my gym fears to rest.

Should I be trying to burn fat and tone at the same time?
Fat burning and toning are two different things, but should be done together to get ultimate results. While you can target certain muscles to tone, you cannot target where you want to burn fat. To burn fat, you need to eat clean, and do cardiovascular and weight training. I would recommend a body fat test. It is a much better indicator of health than body mass index, which is simply a ratio of weight divided by height squared and does not take into account what our bodies are actually made of — specifically lean body mass like muscle, bone and water versus fat. Make sure you understand the instructions before taking one of these tests, as not doing so can result in an inaccurate reading.

What is the difference between machines and free weights?
The most important component in any strength training program is safety. If you are new to strength training or if you are working out alone, machines are your best bet. They provide a more controlled motion and isolate certain muscle groups. Free weights promote quicker strength gains and allow more variations in range of motion, but they require more balance and coordination. As a beginner, you should set up a fitness test and a gym walk-through with a professional who can show you how the machines work. Once you get more comfortable with the machines, slowly start to add a few free weight exercises. Eventually, you want to incorporate both machines and free weights into your routine.

Quoted

> "You want to create a lifestyle change that will last as long as you can stay active. Be consistent, eat clean and keep setting goals for yourself."
>
> Venessa Coda, personal trainer and licensed Zumba instructor

Some say that it is better to work out in the morning. Is there a specific time I should be hitting the gym?
Take into consideration what goes on in your day-to-day life and resolve to give yourself at least three hours a week in the gym. That equals three workouts a week. Then look at your days and see which days you tend to have a little more time. You have to be real with yourself and pick the time of day you know you will make it to the gym. Consistency is key if you want to see results. This is why it is super important to set a very realistic goal.

Is hiring a personal trainer a must?
Hiring a personal trainer is not a must but is a good idea if your budget allows it — even if it's just a few sessions to get you started on a program that is designed specifically for your needs and goals. Benefits to having a live trainer are: motivation, efficiency, improvement of technique and skills, and help with creating a fun workout. But remember, you are in control of your bank account. Do not be pressured into getting a trainer if you can't afford it. There are online resources that can help you through your workouts. Make sure you are using a reputable website, and paying close attention to instruction and watching technique closely.

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Sweet Week. Metro is getting in the mood with a different V-Day treat every day — and this one happens to be healthy, too

THERESA ALBERT
myfriendinfood.com

This recipe produces 12 Medjool Date Pecan Chocolate Truffles. COURTESY NATURALDELIGHTS.CA

I had the distinct pleasure of going to Bard Valley, Ariz., where Medjool dates are grown. I went 50 feet up a palm tree, picked one off the cluster and ate it. Pretty cool experience.

Medjool dates are dried right on the tree; no further treating or drying is required. They are wrapped in burlap to control pests rather than sprayed so they are effectively "organic" without the label.

1. Using a small paring knife, cut a slit into each Medjool date and remove the pit. Gently squeeze a date open and stuff the pecan half inside. Repeat with remaining pecan halves and Medjool dates.

2. Using a double boiler, gently melt the chocolate and remove from heat once it's melted. Be sure to keep any moisture, water or even steam away from the chocolate.

3. Using a fork, dredge the stuffed dates through the dark chocolate and place onto a wire cooling-rack. Let cool completely.

4. Place the melted white chocolate into a small piping bag. Drizzle the white chocolate decoratively back and forth over the chocolate dipped date. Let cool completely before serving. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE FROM NATURALDELIGHTS.CA

Ingredients

- 12 Natural Delights Medjool Dates, pitted
- 12 pecan halves
- 5 oz (150 g) dark chocolate (70%), chopped
- 2.5 oz (75 mL) white chocolate, chopped

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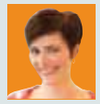

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Even your friendly neighbourhood nutritionist craves chocolate for Valentine's Day!

I can't and won't eat crappy sugar-filled creamy chocolates — only exquisite dark, antioxidant-filled cocoa will do.

But sometimes chewing on a chunk of chocolate isn't all that satisfying and some kind of filling is required.

Luckily, there is a simple, healthy solution for my high maintenance sweet style — surround something superb with dark chocolate!

Medjool dates are a shelf stable fresh fruit that is high in nutrients and super sweet, so you only need two to satisfy any craving.

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The uptake of sugar within your body is slowed by fibre, nutrients and fat and that matters to everyone, not just those with diabetes.

Keeping the blood sugar even keeps a steady flow of glucose to the brain and an even call of insulin from the pancreas, thereby forestalling two syndromes that are rife in North America: metabolic syndrome in both the brain and the body.

Dipping Medjools in melted dark chocolate couldn't be easier. And the best way to win a healthy heart, yours or your lover's, is to care for it every day — including Valentine's.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Slavery myths in Canada

Myth No. 1

Slavery never existed in Canada, right?

Many Canadians are under the assumption that slavery never existed in Canada (or not at the same levels found in the U.S.), which is false.

The first recorded slave to arrive in Canada was a six-year-old boy named Olivier le Jeune from Madagascar in 1628. Most slaves were imported from other British colonies and the Americas.

Myth No. 2

Canada was the first to abolish slavery before other parts of the world followed suit.

Politicians enacted legislation in 1793 that set limitations on slavery in the country. The 1793 bill meant anyone born a slave would secure his freedom when he turned 25. At the time, the average lifespan of a slave was 20 to 25 years. But slavery wasn't officially abolished until 1833 when Britain abolished it.

Myth No. 3

Weren't all black slaves who escaped to Canada from the U.S. afforded all the civil liberties enjoyed by other European Canadians?

Despite the warm and fuzzy images and scenes displayed in most current-day slave narratives, black slaves who escaped to Canada faced discrimination, violence and segregation. Unlike racist legislation, like the Jim Crow laws, passed in the U.S., Canada had largely unwritten racist codes, which many could argue made it more difficult for black people in Canada.

Myth No. 4

Slaves who escaped north lived out the rest of their lives in Canada.

Some former slaves left Canada for the U.S. once slavery was abolished in America to escape difficulties in Canada and for chances at upward mobility afforded to them by moving to cities with higher black populations. Entire generations of black Canadians were completely lost to Canadian history by moving to the U.S.

TAKARA SMALL

This painting, originally entitled Portrait of Negro Slave, is one of very view public pieces of art that depicts a black Canadian slave. COURTESY MONTREAL MUSEUM OF FINE ARTS

Canada's unknown slave-owning past

Black History Month. Historians believe about 5,000 slaves were brought to the country. Their stories are often left out of the history books

Quoted

"The legacy of the underground railroad is positive and empowering but what that legacy does is that it blinds us and obscures the other things that were going on before the railroad. We had slavery in Canada, it just ended sooner."

Rosemary Sadlier, a descendent of Canadian slaves

TAKARA SMALL
life@metronews.ca

You've heard this story before: A group of slaves escape for freedom in the middle of the night.

But here's the twist: These slaves weren't running toward Canada. They were running away from it — fleeing from Canadian slave owners and headed for freedom in Detroit.

While American slavery is having a moment in Hollywood thanks to the Oscar-nominated film 12 Years a Slave, the story of Canadian slaves — whose lives were as unjust and inhumane as those in the south — has largely been ignored.

"We tend to think of it as 'not in my backyard' myth about slavery," says Delorean Kilen, project coordinator at the Ontario Black History Society. "People don't remember that slavery existed here because we've been 'slave-free' longer than the U.S."

Slavery existed in Canada for more than 200 years and was officially abolished 30 years before the Emancipation Proclamation order was issued by U.S. President Abraham Lincoln.

Historians believe there were an estimated 5,000 slaves who were forcibly brought to Canada, either directly as property, or shipped through the trans-Atlantic slave trade from other British colonies.

In 1793, Upper Canada outlawed importing slaves and the practice was officially abolished in 1833 alongside the rest of the British Empire.

"It's something that people don't want to talk about and are not comfortable talking about," says Natasha Henry, a historian and educator. "Slavery was used as a tool for both (British and Canadian) colonies.

"By ignoring that, we're not portraying a complete history of Canada."

Rosemary Sadlier is one of many Canadians whose roots reach back to pre-Confederation. Her mother's family can be traced to 1840, while her father's ancestors arrived in New Brunswick in 1793.

"Everyone assumes that everyone who is black is a recent immigrant, but there are thousands of black Canadians who have been here since the founding of the country," says Sadlier, an author and recipient of the Order of Ontario.

"In my younger years I didn't come away with a real sense of my family's historic contributions to this country and I think there's a way that we are made to feel to various measures that we aren't the same, we haven't paid our dues, we're visitors in someone else's country," she says. "When you have something like black history, it changes all of those stereotypes because you can't be an unwelcome visitor in a country that's your own."

Charmaine Nelson, an art historian and professor at Montreal's McGill University, believes a heavy dose of corrective action is needed to educate people who see slavery as only an American experience.

"We don't ever want to take credit for slavery in Canada so we have to keep it out there in the tropics or the U.S.," she says.

Photos and portraits that depict slavery in Canada are not easily found or publicized, which adds to the difficulty Nelson and other educators have when talking and teaching the public about this stain on our nation's history.

A painting originally called Portrait of Negro Slave is one of the few items that gives a face to slavery in Canada. The name of the portrait was controversially changed to Portrait of a Haitian Woman.

"The renaming in effect expels slavery from Montreal and Quebec, rendering it only a troubling history of tropical colonies like Haiti and not one of immediate concern to Canadians," said Nelson.

Canada's Alex Bilodeau celebrates winning the gold medal in men's moguls alongside countryman and silver medallist Mikael Kingsbury and bronze medallist Alexandr Smyshlyaev of Russia at the Sochi Olympics on Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

Canada repeats its one-two punch

Freestyle skiing.
Bilodeau defends gold, Kingsbury earns silver to match Montreal sisters' moguls feat

Alex Bilodeau is back atop the Olympic podium and he says he has his teammates to thank for it.

The freestyle skier from Rosemere, Que., defended his gold medal in men's moguls at the Sochi Olympics on Monday, edging his teammates Mikael Kingsbury of Deux-Montagnes, Que., who took silver, and Marc-Antoine Gagnon of Terrebonne, Que., who finished fourth.

Bilodeau, Canada's first gold medallist four years ago in Vancouver, had a flawless final run to earn a score of 26.31.

"It's a great feeling, but I need to first of all thank all my colleagues," Bilodeau said. "I was the third to go; there were two other Canadians after me. Every day they push me in training and that's why I got my best skiing tonight. That's why I'm the best skier I have ever been right now and the guy that finished second, he is going to win everything after I have gone."

Bilodeau, who is the first moguls skier to defend an Olympic title, received a long celebratory hug from his brother Frederic right after his victory. Bilodeau says Frederic, who has cerebral palsy, is his hero and he dedicated his gold medal in Vancouver to him.

"It was amazing. My brother is my everyday inspiration," he said. "Like I say all the time, if he had the life that I have lived he would be a three-time Olympic champion."

Kingsbury, who has been Bilodeau's main rival on the World Cup circuit this season, had a small stumble in his final run to finish with 24.71.

Russia's Alexandr Smyshlyaev was third with 24.34.

It's the second one-two finish for the Canadian moguls team at these Games, after Montreal sisters Justine and Chloe Dufour-Lapointe won gold and silver in the women's competition on Saturday night. THE CANADIAN PRESS

Alpine skiing

Gagnon hopes to fight through pain

Canada's Marie-Michele Gagnon is hoping to continue competing at the Sochi Olympics, despite dislocating her shoulder in a fall during the slalom run of the women's super combined race Monday.

The skier from Lac-Etchemin, Que., hit a gate and lost control of her skis before crashing into the snow.

"We will have to see how it goes but I'm hoping to keep racing here in Sochi," Gagnon said in a release. THE CANADIAN PRESS

Luge

Canadians fall behind Germans

Germany's Natalie Geisenberger closed in on what appears to be an inevitable Olympic gold medal Monday, finishing the first two runs of the women's luge competition in one minute 39.814 seconds. That's 0.766 seconds better than her countrywoman Tatjana Huefner, who took the title at the Vancouver Games.

Canadian lugers were also in the mix, with Alex Gough in fifth and fellow Calgarian Kimberley McRae in sixth.

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Natalie Geisenberger
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Hamelin on track for more gold

Canada's Charles Hamelin kisses his girlfriend and teammate Marianne St-Gelais after winning gold in men's 1,500-metre short-track speedskating at the Sochi Winter Olympics on Monday. PAUL CHIASSON/THE CANADIAN PRESS

Speedskating. The 'Locomotive' chugs to fourth career Olympic medal but expected to return to the podium

Charles Hamelin is a man on a mission.

In what could be the first of several trips to the podium, the star short-track speedskater won a gold medal in the men's 1,500 metres at the Sochi Olympics on Monday.

The native of Ste-Julie, Que., is a medal favourite in his three other events.

"I'm going through the full range of emotions," Hamelin, 29, said after finishing in two minutes 14.985 seconds to edge out Han Tianyu of China. "Of course I want to get back on the podium. But short-track speedskating is not an easy sport."

Hamelin won gold in the 500 metres and the 5,000-metre relay at the 2010 Games in Vancouver, but was seventh in the 1,500.

Hamelin, nicknamed "The Locomotive of Sainte-Julie," was virtually unbeatable on the World Cup circuit this season, winning six events.

Viktor Ahn earned the bronze Monday, giving Russia its first-ever short-track medal. J.R. Celski, the 2010 bronze medallist from Federal Way, Wash., finished fourth.

"He (Hamelin) deserves it," Celski said. "He went out there and raced his (rear) off."

As Hamelin entered the final lap in the lead, his girlfriend and teammate Marianne St-Gelais couldn't control her excitement, racing from her seat to the sidelines to give him a congratulatory hug.

With the silver medal he won in the relay event in Turin in 2006, Hamelin now has four Olympic medals. That leaves him one short of former teammates Marc Gagnon and François-Louis Tremblay.

He is also tied with Gagnon for the most gold medals for a Canadian short-track speedskater. If he wins medals in his three remaining events he will become Canada's most decorated Olympian behind long-track speedskater Cindy Klassen and speedskater/cyclist Clara Hughes, who both have six.

He will have chances to win individual gold in the 500 and 1,000 metres and he'll be part of Canada's team in the 5,000 relay. THE CANADIAN PRESS

Going around in ovals

While François Hamelin, Charles' brother, and Michael Gilday of Yellowknife didn't advance to the final Canada's women speedskaters had a better day

- **Qualifying** In the women's 500 preliminaries, Marianne St-Gelais, Jessica Hewitt and Valerie Maltais advanced from heats. The same three, along with Marie-Eve Drolet, advanced in the 3,000-metre relay.

Women's hockey

Patience guides Canada past Finland's hot goalie

The story of Canada's first win in the Olympic women's hockey tournament was the shot-out-of-a-cannon enthusiasm of its rookies. The patience and perseverance of the veterans was the tale of the second.

They'd seen Noora Raty's act before. Finland's goaltender mows down a ton of rubber and can single-handedly keep her country in games against Canada and the United States.

Monday's game was scoreless deep into the third period and there was the whiff of an upset in the air.

But three-time Olympian Megan Agosta-Marciano broke the tension with a power-play goal at 9:27. Jayna Hefford, playing in her fifth Winter Games, quickly added another and Rebecca Johnston sealed the 3-0 win within a seven-minute span.

Shannon Szabados earned a 14-save shutout, while Raty stopped 39 of 42 shots.

Canada and the United States, both 2-0, secured berths to the semifinals Monday.

The rivals finish the round-robin against each other Wednesday.

THE CANADIAN PRESS

Canada's Natalie Spooner shoots the puck wide of the net against Finland goalie Noora Raty on Monday in Sochi, Russia. MATT SLOCUM/THE ASSOCIATED PRESS

Carter rides shotgun with Crosby, Kunitz

Men's hockey. Team Canada holds auditions for right-winger on its top line during first practice in Sochi

Mike Babcock brought his book from the Vancouver Olympics to Sochi and with it the memories of how that tournament unfolded.

"Some guys started on the first line on right wing and ended up not being in the mix and other guys started not being in the mix and ended up being very important," Babcock said.

Memo to Jeff Carter: Things can change quickly. Carter spent Team Canada's first practice as the first-line right-winger alongside Sidney Crosby and Chris Kunitz, but a handful of rushes already gave Babcock reason to pause and perhaps change his mind before opening the Olympics on Thursday against Norway.

Babcock has Carter there because he's a shooter and wants him to shoot.

"After watching him pass it back today, I didn't know for sure," Canada's coach said. "You can't pass to the net, you've got to shoot to the net. Carter shoots the puck when he gets it in L.A., we expect him to shoot the puck when he gets it here. If he's giving it back to Sid, he can't play with him."

The coveted spot as Crosby's right-hand man has been the subject of much speculation over the past several months, dating to Olympic orientation camp in Calgary in August. Steven Stamkos getting injured and then being ruled out eliminated what looked like the most logical option.

THE CANADIAN PRESS

Who will play on the wings alongside Sidney Crosby? The captain practised on the same line as Chris Kunitz and Jeff Carter in Sochi on Monday. NATHAN DENETTE/THE CANADIAN PRESS

MEDALS

Nation	G	S	B	Tot.
Canada	**3**	**3**	**1**	**7**
Netherlands	3	2	2	7
Norway	2	1	4	7
Russian Federation	1	2	3	6
United States of America	2	0	3	5

WHAT CANADA DID

MONDAY

ALPINE SKIING

Women's Super Combined Downhill - Marie-Michele Gagnon, Lac-Etchemin, Que., 21st (one minute, 45.39 seconds)

Women's Super Combined Slalom - Marie-Michele Gagnon, Lac-Etchemin, Que., DNF.

BIATHLON

Men's 12.5 km Pursuit - Nathan Smith, Calgary, 11th (34 minutes, 37.7 seconds, +49.1 seconds); Jean-Philippe Le Guellec, Shannon, Que., 26th (35:45.3); Brendan Green, Hay River, N.W.T., 35th, (36:21.2)

CURLING

Men's Round Robin Session 1 - Canada 11 Germany 8

Men's Round Robin Session 2 - Switzerland 5 Canada 4

Women's Round Robin Session 1 - Canada 9 China 2

FREESTYLESKIING

Men's Moguls Qualification 1 - x-Alex Bilodeau, Montreal, 1st (24.70 points); x-Mikael Kingsbury, Deux-Montagnes, Que., 2nd (23.81); x-Marc-Antoine Gagnon, Terrebonne, Que., 5th (22.90); x-Philippe Marquis, Quebec City, 6th (22.43).

x- qualified for Final 1

Men's Moguls Final 1 - x-Philippe Marquis, Quebec City, 2nd (24.32); x-Mikael Kingsbury, Deux-Montagnes, Que., 3rd (24.31); x-Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.45); x-Alex Bilodeau, Montreal, 8th (22.49).

x- qualified for Final 2

Men's Moguls Final 2 - x-Mikael Kingsbury, Deux-Montagnes, Que., 1st (24.54); x-Marc-Antoine Gagnon, Terrebonne, Que., 2nd (24.16); x-Alex Bilodeau, Montreal, 3rd (23.89); Philippe Marquis, Quebec City, 9th (22.25).

x-qualified for Final 3

Men's Moguls Final 3 - Alex Bilodeau, Montreal, **1st, Gold Medal** (26.31); Mikael Kingsbury, Deux-Montagnes, Que., **2nd, Silver Medal** (24.71); Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.35).

ICE HOCKEY

Women's Preliminary Round (Group A) - Canada 3 Finland 0

LUGE

Women's Singles Run 1of 4 - Alex Gough, Calgary, 5th (50.464 seconds); Kimberley McRae, Calgary, 6th (50.465); Arianne Jones, Calgary, 13th (50.993)

Women's Singles Run 2 of 4 - Alex Gough, Calgary, 5th (50.402 seconds); Kimberley McRae, Calgary, 6th (50.454); Arianne Jones, Calgary, 15th (50.837)

Overall Ranking- Alex Gough, Calgary, 5th (one minute 40.866 seconds, +1.052 seconds); Kimberley McRae, Calgary, T-6th (1:40.919); Arianne Jones, Calgary, 13th (1:41.830)

Runs 3 and 4 on Feb. 11

SHORT TRACK

Men's 1500 m Heats - Race 4: x-Charles Hamelin, Sainte-Julie, Que., 1st (two minutes 16.903 seconds); **Race 5:** x-Francois Hamelin, Sainte-Julie, Que., 2nd (2:13.935); **Race 6:** x-Michael Gilday, Yellowknife, N.W.T., 1st (2:16.468)

x- qualified for semifinals

Men's 1500 m Semifinals - Race 15: x-Francois Hamelin, Sainte-Julie, Que., 4th (two minutes 16.473 seconds); **Race 16:** Michael Gilday, Yellowknife, N.W.T., Penalty; **Race 17:** y-Charles Hamelin, Sainte-Julie, Que., 1st (2:14.480).

y- qualified for Final A; x- qualified for Final B

Men's 1500 m Finals - Final A: Charles Hamelin, Sainte-Julie, Que., 1st (2:14.985); **Final B:** Francois Hamelin, Sainte-Julie, Que., 2nd (2:21.592)

Men's 1500m Final Ranking: Charles Hamelin, Sainte-Julie, Que., **1st, Gold Medal**; Francois Hamelin, Sainte-Julie, Que., 9th; Michael Gilday, Yellowknife, N.W.T., 17th.

Ladies' 500 m Heats - Race 11: x-Marianne St-Gelais, St-Felicien, Que., 1st (43.729 seconds); **Race 13:** x-Jessica Hewitt, Kamloops, B.C., 2nd (43.447); **Race: 14:** x-Valerie Maltais, La Baie, Que., 1st (44.093).

x- qualified for the quarter-finals on Feb. 13

Ladies' 3000 m Relay Semifinals - x-Canada (Marie-Eve Drolet, Chicoutimi, Que.; Jessica Hewitt, Kamloops, B.C.; Valerie Maltais, La Baie, Que.; Marianne St-Gelais, St-Felicien, Que.), 2nd, (four minutes 8.871 seconds).

x- qualified for Final A on Feb. 18

SPEED SKATING

Men's 500 m Race 1 of 2 - Gilmore Junio, Calgary, 11th (35.15 seconds); Jamie Gregg, Edmonton, (35.17); William Dutton, Humboldt, Sask., T-18th (35.278); Muncef Ouardi, Quebec City, 23rd (35.395)

Men's 500 m Race 2 of 2 - Gilmore Junio, Calgary, 7th (35.09 seconds); Jamie Gregg, Edmonton, 8th (35.10); William Dutton, Humboldt, Sask., 11th (35.17); Muncef Ouardi, Quebec City, 29th, (35.60).

Men's 500 m Final Ranking: Gilmore Junio, Calgary, 10th (70.25 seconds, +0.94 of a second); Jamie Gregg, Edmonton, 11th (70.27); William Dutton, Humboldt, Sask., 14th (70.448); Muncef Ouardi, Quebec City, 25th (70.997).

CURLING

MEN

Monday's results

Britain 7 Russia 4
Sweden 7 Switzerland 5
China 7 Denmark 4
Canada 11 Germany 8
Norway 7 United States 4
Denmark 11 Russia 10
Switzerland 5 **Canada 4**
Sweden 8 Britain 4

Tuesday's games

Canada vs. Sweden, 5 a.m.
United States vs. China, 5 a.m.
Britain vs. Germany, 5 a.m.
Norway vs. Russia, 5 a.m.

WOMEN

Monday's results

Canada 9 China 2
Switzerland 7, United States 4
Sweden 6, Britain 4
Russia 7, Denmark 4

Tuesday, Feb. 11

Switzerland vs. Denmark, 12 a.m.
Sweden vs. **Canada**, 12 a.m.
Russia vs. United States, 12 a.m.
South Korea vs. Japan, 12 a.m.
Britain vs. United States, 10 a.m.
South Korea vs Switzerland, 10 a.m.
Denmark vs Japan, 10 a.m.
China vs. Russia, 10 a.m.

HOCKEY

PRELIMINARY ROUND

MEN

Wednesday's games

Czech Republic at Sweden, 12 p.m.
Latvia at Switzerland, 12 p.m.

WOMEN

Monday's results

United States 9 Switzerland 0
Canada 3 Finland 0

Tuesday's games

Germany at Sweden, 5 a.m.
Russia at Japan, 10 a.m.

Curling. Jones, Canada overcome Russia's roar

They stomped their feet and clapped their hands, and hollered all game long.

But Jennifer Jones and her steely-nerved Canadian teammates played like they couldn't hear them at all.

Amid the din of a deafening Russian crowd that never let up, the Winnipeg skip led Team Canada to a 9-2 victory over China in their opening game of the Sochi Olympics on Monday.

It was both a strong start against a tough opponent for the Canadians, and a great dress-rehearsal for when they eventually play Russia later in the Games.

"You can't really hear very well, but we'll come up with some solutions to that," said Jones, who has hand signals worked out — a hand up means stop sweeping — for when the din of the crowd threatens to drown out her directions.

The curlers struggled to be heard, but it helped that the Canadians were prepared for the crazy atmosphere.

"I don't know that they're a curling-knowledgeable crowd, and I think we saw that in Vancouver (at the Olympics) as well, so it's not really a big surprise," said Canada's second Jill Officer.

Jones and her team built a 3-0 advantage and then opened the gap by drawing for three in the fifth end to give Canada a 6-1 lead. Canada drew for three more before Bingyu Wang conceded in the seventh end.

"We're pretty proud of that start," Jones said. "It's our first Olympics and we came out and played really well from the first end on against a great team."

The Canadians, who next face Sweden on Tuesday afternoon, had been expecting a tough test against the Canadian-coached Chinese team, the 2009 world champion and 2010 Olympic bronze medallist.

THE CANADIAN PRESS

Canada's skip Jennifer Jones yells after throwing her rock in Monday's third end against China. NATHAN DENNETTE/THE CANADIAN PRESS

Curling

Jacobs' rink upset by Switzerland

Canada made a stuttering start to the defence of its men's Olympic curling title on Monday, following up a scrappy win over unheralded Germany with a surprise loss to Switzerland on a sobering day for the big gold-medal favourites.

By the end of opening day, Sweden was the only team 2-for-2, with wins in tough matches against the Swiss and Britain.

After becoming the first team in Canada's storied curling history to go through Olympic trials unbeaten, Brad Jacobs' rink was widely seen as the overwhelming favourites for the games.

But Canada was sloppy in beating Germany — arguably the weakest lineup in the 10-team competition — 11-8 in the morning and then was upset 5-4 by Switzerland in the evening.

It doesn't get any easier for the Jacobs and his rink from Sault Ste. Marie, Ont., — their only match on Tuesday is against Sweden in a repeat of the 2013 world championship final. The Swedes won that in Victoria in April.

THE CANADIAN PRESS

CFL

Lions prepare for opening day of free agency

The first day of Canadian Football League free agency, which begins Tuesday, could have massive implications for the B.C. Lions.

It appears that wide receiver Nick Moore, who enjoyed a breakout season with the Lions in 2013, will test the free agent market after talks between Leos general manager Wally Buono and Moore's agent Fred Weinrauch broke off late last month.

Moore tweeted out last month, "Can't wait til Februaary 15th!!" Translation: He couldn't wait until free agency, although the league officially bumped the first day of free agency from Feb. 15 to Feb. 11.

Moore has spent three seasons in the CFL — all with the Lions. He showcased his talent in the 2012 season when Geroy Simon went down and he retained a starting position for the 2013 season, after the Lions traded Simon to the Saskatchewan Roughriders.

Last season, Moore made 73 catches for 1,105 yards and six touchdowns. He finished third in the league in receiving yards, behind Fred Stamps of Edmonton and SJ Green of Montreal.

The Lions also seemed intent on letting veteran defensive end Keron Williams go to free agency.

However, the club announced Monday that it made a contract offer to Williams, who is entering his ninth CFL season.

A feared pass-rusher on the defensive line, Williams saw his sack totals drop down to just four in 2013, after triple that number the previous season.

CFL free agency begins at 9 a.m. PT.

CAM TUCKER/METRO

The puck slides harmlessly past Victoria Royals goalie Coleman Vollrath while Vancouver Giants forward Jackson Houck, right, battles with Victoria defenceman Brett Cote during the second period of Monday's WHL game at Pacific Coliseum. CAM TUCKER/METRO

Giants fall to Royals in dying minutes of third

WHL. An estimated 2,800 local students celebrate message of acceptance, anti-bullying during timeout

CAM TUCKER
cam.tucker@metronews.ca

The chances were there, but the Vancouver Giants couldn't convert. And all it took was one shot from the visiting Victoria Royals to hand the hosts the loss.

Royals defenceman Travis Brown scored on a slap shot from the point with less than three minutes remaining in the third period, breaking the deadlock at two-goals apiece to lift Victoria to a 3-2 win over the Giants at the Pacific Coliseum on Monday afternoon.

With the score tied after 40 minutes, the Giants controlled the run of the play in the third, but just couldn't get the go-ahead goal on Victoria goalie Coleman Vollrath, who made 26 saves — including 12 in the final period — for the win.

The Giants wrap up this most recent homestand with one win in four games.

On Monday

Royals	Giants
3	2

They dropped games to the Calgary Hitmen and Edmonton Oil Kings — two Alberta powerhouses in the WHL Eastern Conference — by a combined score of 10-1 over the weekend.

Dominik Volek and Cain Franson scored for Vancouver.

Volek, acquired from the Red Deer Rebels at the WHL's trade deadline in January, scored his 19th of the season on a first-period power play. He wired a slap shot to the top corner, the force of which knocked the water bottle off the net.

The two teams combined for three goals in the opening 5:23 of the second period. The Giants and Royals were also each unsuccessful on lengthy five-on-three power plays in the middle period.

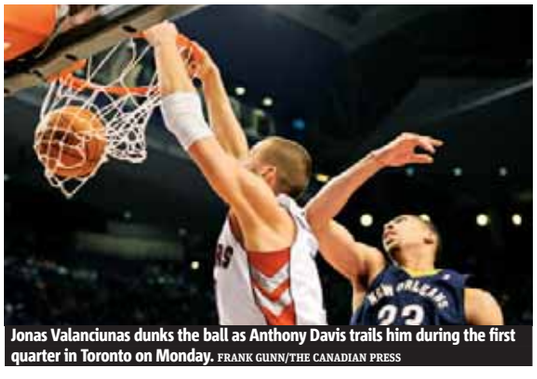
The Giants remain sixth in the WHL's Western Conference, with 27 wins and 63 points.

A crowd of 11,621 fans took in Monday's Family Day afternoon contest at The Rink on Renfrew.

That included thousands of students — the Giants estimate about 2,800 — from various local schools in the upper bowl of the arena.

During a timeout in the second period, the students, clad in pink shirts, got to their feet in a flash mob, dancing to celebrate acceptance and the anti-bullying movement.

For more local sports coverage go to metronews.ca



Jonas Valanciunas dunks the ball as Anthony Davis trails him during the first quarter in Toronto on Monday. FRANK GUNN/THE CANADIAN PRESS

Raptors fight off Pelicans in Toronto

Patrick Patterson knows his role and, usually, it's making an impact off the bench.

But on Monday, the backup forward got his first start since coming to Toronto two months ago and made the most of it, pouring in a season-high 22 points as the Raptors defeated New Orleans 108-101.

"My role doesn't change whether it's starting, or whether I'm coming off the bench," said Patterson, who learned earlier in the day he would join the starting five in place of Amir Johnson, sidelined with a right ankle injury. "Setting screens, rebounding, shooting my shot, running the floor in transition and making my teammates better."

Patterson, who came over to Toronto from the Sacramento Kings on Dec. 9 in a seven-player trade that sent Rudy Gay West, did all of that Monday in his first start in 30 games as a Raptor. He was a tidy 7-for-11 from the field — including 3-for-5 from three-point range — had six rebounds and added two assists.

Skilled reserves

"Fifteen deep. That's how we play. That's how we roll."

Guard Kyle Lowry on Patterson's effort

In his fourth season in the NBA, Patterson had 54 career starts, the majority with the Houston Rockets, coming into Monday night. He had started just six games this season, all with Sacramento.

Patterson's 22 points was one more than he had for the Kings against the Los Angeles Clippers Nov. 23.

THE CANADIAN PRESS

Boston Marathon

Registration up despite bombing

Hotels in the Boston area are almost at capacity more than two months before the first Boston Marathon since the explosions at the finish line last year, tourism officials say.

About 36,000 runners are expected to compete in the April 21 race, 9,000 more than last year. That includes about 4,500 who were stopped by officials before completing the race after the pressure cooker bombs went off, killing three people and injuring more than 260.

THE ASSOCIATED PRESS

Worker death

Work continues on World Cup stadium

Work remains underway at the World Cup stadium in the jungle city of Manaus despite a Brazilian union's threat to strike to protest a worker's death.

The strike did not happen Monday because leaders from several unions said they are trying to gather more workers.

Local World Cup organizers and the company in charge of the stadium's construction said the Arena da Amazonia is nearly 97 per cent completed.

THE ASSOCIATED PRESS

Baseball

Yankees move on from Biogenesis

Derek Jeter says the New York Yankees have no choice but to move forward now that Alex Rodriguez has accepted his suspension for the 2014 season.

Derek Jeter
GETTY IMAGES

Rodriguez ended his extended and acrimonious fight with Major League Baseball on Friday, withdrawing a pair of lawsuits that were filed in an attempt to overturn a season-long ban for his involvement in the Biogenesis scandal.

"He's not here for this season, so we're going to have to find ways to win with the team that we have," Jeter said Monday at the Yankees' minor league complex. THE ASSOCIATED PRESS

Gay football player praised for coming out

Michael Sam. NFL draft prospect has the support of Missouri coaches, White House

Missouri coach Gary Pinkel said Monday that Michael Sam revealed he was gay at one of the football team's get-acquainted dinners last summer.

The next day, Sam told the entire team.

Realizing the enormity of the situation, Pinkel left the next move up to the senior, who blossomed into one of the best defensive ends in the country — and one surrounded by teammates who didn't worry one bit about sexual orientation or reveal his secret until he came out on Sunday.

Pinkel, athletic director Mike Alden and other school officials applauded Sam's courage Monday at Faurot Field. As a backdrop, the first two letters of Sam's last name were etched in snow to join the giant "M" just beyond the north end zone.

"Pretty cool," Pinkel said.

Coaches and Sam agreed that making an announcement during the season might be a distraction. It was Sam's call to skip all of the weekly media days and postgame news conferences, too, the better to avoid the risk of the topic coming up. Sam broke his silence prior to the Cotton Bowl and the conversation stayed on football, just like he wanted.

Sam was prompted to make his decision to come out after the Senior Bowl, where it became apparent the player's sexual orientation was widely known. This meant a declaration just a matter of days before the NFL combine and shouldering the pressure that will come with perhaps being the first openly gay player in the history of the league.

"It's very clear that everybody in the NFL knew," said Howard Bragman, a consultant hired by Sam's agent to help manage the announcement on ESPN, in The New York Times and Outsports.

The NFL and many others, including the White House, publicly applauded Sam's decision. President Barack Obama's spokesman, first lady Michelle Obama and Vice-President Joe Biden all called him a courageous and inspirational athlete.

The All-American defensive end led the Southeastern Conference in sacks (11.5) and tackles for loss (19). He was the SEC defensive player of the year. THE ASSOCIATED PRESS

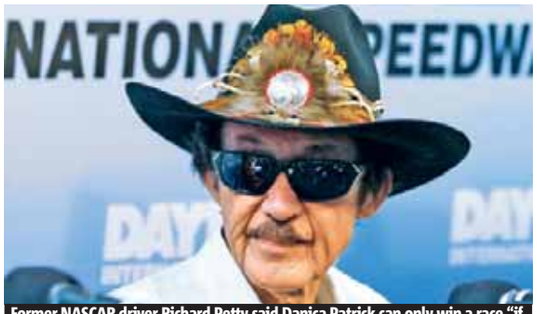
Quoted

"Our team was able to move past it and work together. So why shouldn't a bunch of professional football players be able to do the same thing?"

Defensive line coach Craig Kuligowski on gay football player Michael Sam

Michael Sam hopes his ability is all that matters, not his sexual orientation. Missouri's All-American defensive end came out to the entire country Sunday night and could become the first openly gay player in America's most popular sport. THE ASSOCIATED PRESS FILE

NASCAR legend attributes Patrick's rise to 'female deal'



Former NASCAR driver Richard Petty said Danica Patrick can only win a race "if everybody else stayed home" on Sunday at the Canadian Motorsports Expo in Toronto, according to wheels.ca. TERRY RENNA/THE ASSOCIATED PRESS FILE

NASCAR Hall of Fame driver Richard Petty says Danica Patrick can only win a Sprint Cup Series race "if everybody else stayed home."

The seven-time champion made the comment during a Sunday appearance at the Canadian Motorsports Expo in Toronto, according to the website wheels.ca.

Petty also said Patrick only gets attention because she's a woman, but added that publicity is good for NASCAR.

"If she'd have been a male, nobody would ever know if she'd showed up at a racetrack," Petty said, according to the website. "This is a female deal that's driving her. There's nothing wrong with that, because that's good PR for me. More fans come out, people are more interested in it. She has helped to draw attention to the sport, which helps everybody in the sport."

Quoted

"If she'd have been a male, nobody would ever know if she'd showed up at a racetrack"

Richard Petty on female NASCAR driver Danica Patrick

Petty still maintains partial control of Richard Petty Motorsports, which fields cars for Marcos Ambrose and Aric Almirola in the Sprint Cup Series.

Patrick is headed to Daytona International Speedway this week to begin her second full season at NASCAR's top level. She became the first woman a year ago to win the top starting spot for the Daytona 500 and she finished eighth.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
No matter how strong your beliefs and opinions may be what happens today and tomorrow will make you question them. That's good.

♉ Taurus
April 21 - May 21
Whatever your ambitions may be right now they will change dramatically over the next few weeks. Whatever happens you must believe that you are more than just a cog in the machine.

♊ Gemini
May 22 - June 21
There is something you have wanted to do for a while but for some reason never got round to starting. What happens over the next few days will encourage you to get back to it.

♋ Cancer
June 22 - July 23
The answer to your money worries will appear soon, so stay calm and act drastically. Sacrifices will have to be made but they won't cause you too much pain, so long as you use your head.

♌ Leo
July 24 - Aug. 23
The planets are encouraging you to go with the flow and let others call the shots for a while. Being a Leo and a natural born leader that may not be easy but sometimes its good to take a back seat for a change.

♍ Virgo
Aug. 24 - Sept. 23
It would be a mistake to take on any new tasks today – in fact Saturn warns it could be disastrous. Far from adding to your workload you should be cutting back on your chores.

♎ Libra
Sept. 24 - Oct. 23
Done argue with people who will always see things differently to you. It takes all sorts to make a world and though that doesn't mean you have to like them it does mean you have to put up with them.

♏ Scorpio
Oct. 24 - Nov. 22
Not everyone is as dynamic as you and you would be wise to bear that thought in mind today, especially when dealing with people who seem indecisive.

♐ Sagittarius
Nov. 23 - Dec. 21
This is an encouraging time for you as your ability to enjoy the simple things in life returns. One sad person may try to bring you down but you don't have to listen.

♑ Capricorn
Dec. 22 - Jan. 20
You may be tempted to do a task the hard way today, simply because you want to impress people in positions of power, but it isn't necessary. What matters is that you can get the job done, not how.

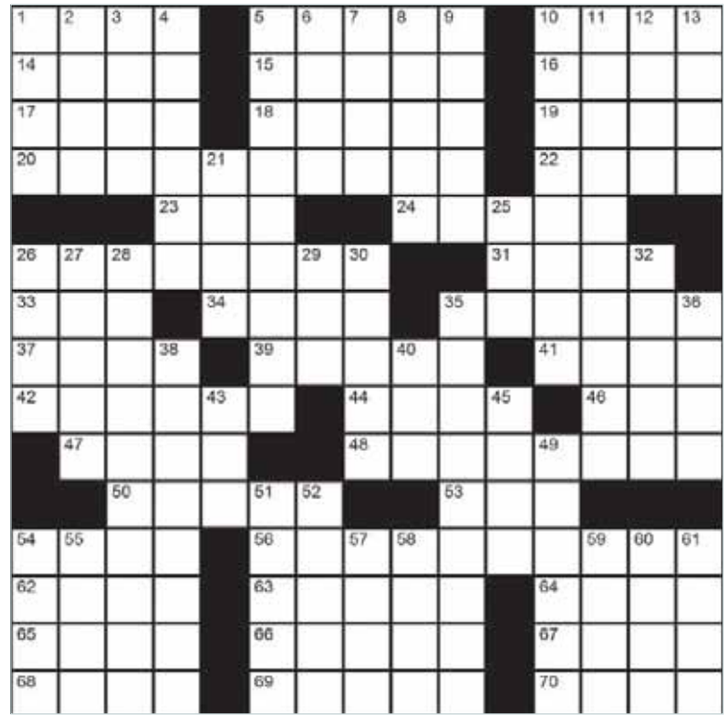
♒ Aquarius
Jan. 21 - Feb. 19
Your head and heart are working well together right now but unfortunately some people you have to deal with are so mixed up their presence in your life is becoming a liability. So get rid of them.

♓ Pisces
Feb. 20 - March 20
You may be tempted to act first and justify your actions later but if you do it will cost you. Today's Sun-Saturn link warns that the consequences of misguided action could be severe. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



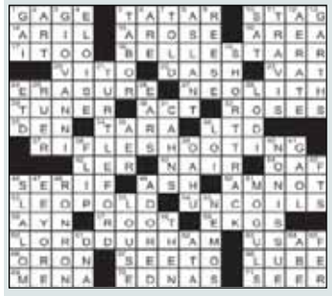
Across

1. "Get Off" band from Toronto
5. Lightweight wood
10. __ missile
14. Time Machine people
15. Hautbois [pl.]
16. Drive-__
17. 1982 Robin Williams role
18. Grumpy
19. Ascend
20. SOCHI 2014 - Freestyle Skiing event
22. Wood sorrels
23. Ms. Longoria
24. Shorthand, shortly
26. __ House (Prince Charles' official residence)
31. Chilly feeling
33. Caesar's 52
34. Kinks song
35. King Minos, for example
37. Pearson postings, puny-ly
39. Left-hand page
41. Ms. Hayworth
42. Green-on-copper
44. Spicy cuisine
46. Close-mouthed
47. "___ it!"
48. SOCHI 2014 - Snowboard event
50. Lovely parties
53. "Faster!"
54. Celebrity
56. SOCHI 2014 - Winter Olympics sport: 2 wds.
62. Polynesian amulet
63. Ravi Shankar's instrument
64. 1976 mini-series, "Rich Man, __ Man"
65. Actor, Chris D'__
66. NWT's flower emblem, Mountain __
67. Pretty purse
68. Demeanor
69. Bakery stuff
70. Blaring blah-blah

Down

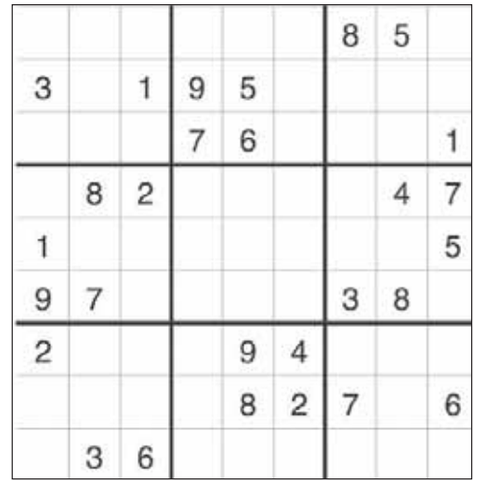
1 Ms. Ryan's
2. Airline of Israel: 2 wds.
3. Actor, Benicio Del __
4. Jacket closer
5. "Soul ___ __": Quincy Jones composed instrumental which Canadian game show "Definition" used as its theme music
6. Border on
7. Particular parrot
8. Markets
9. Not __ __ (Not so far)
10. SOCHI 2014 - Faster - Higher - __
11. City in Quebec
12. Sky bear
13. Things to pay
21. Mr. Knievel
25. An __ for music
26. SOCHI 2014 - Speed skater's footwear, __ skates
27. Pre-euro moneys
28. SOCHI 2014 - Snowboarding trick, __-__-__
29. Cavs, on a scoreboard
30. Soil
32. Consume: 2 wds.
35. Southern Alberta town
36. Appoint
38. Trans-__ Orchestra
40. __ Na Na
43. Web
45. "Let me know __ __ in your way."
49. Salt's friend
51. Composition
52. Shave
54. Flower part
55. Bryan Adams' "18 __ _ Die"
57. Virginia willow
58. Pre-Febs
59. Whit
60. Person, place or thing
61. Gumption

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

3	6	5	4	8	2	1	9	7
7	9	1	5	6	3	4	2	8
8	4	2	1	7	9	5	3	6
6	8	7	9	3	5	2	4	1
5	1	9	2	4	8	7	6	3
2	3	4	7	1	6	9	8	5
9	2	6	8	5	1	3	7	4
4	5	8	3	9	7	6	1	2
1	7	3	6	2	4	8	5	9

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